









NEW

A STATE OF THE PARTY OF THE PAR

Fat Protein RICHER, FULLER, STRAIGHTER HAIR

The professional way

Our 1st bodifying relaxer enriched with fat proteins that relaxes and replenishes, for optimum scalp comfort.



Join DarkandLovelySA on



Find out more: http://darkandlovely.co.za

october 2015

LATEST TRENDS

8	Ed's	letter
---	------	--------

10 Digital online

12 Inbox

16 Fashion - Jewellery edit

26 My life in fashion

28 Beauty news

30 Beauty - Rebel Barbie

32 Beauty - Our top skin picks

Beauty - Grow fuller hair now!

INSPIRATION

Cover story - Kelly Khumalo opens up about her life after Senzo Meyiwa

42 Celebrity - Tracee Ellis Ross is in her own league

44 Celebrity - Sammy Sosa the Renaissance girl

46 Woman on top - Carolina Herrera's brand with a heart

BODY & SOUL

Health buzz 58

60 Mission possible - Weight-loss story

62 Health - Feel happier, be healthier

64 Diet - The big squeeze

66 Fitness - Boost your workout

68 Mind power - Accept praise

70 Spirit - You deserve a break

FASHION FLASH

74 Fashion trend - The right match

80 Style@work - White bliss

BEAUTY NOTES

Beauty - Liquid gold

92 Beauty - Summer scents

98 Beauty - The mark (that won't

go away)

HAPPY YOU

104 Finance - No more excuses

106 Careers - Lessons from my first job

108 Friendships - Soul mates

110 Parenting - Are you pushing your

kids over the edge?

112 Relationship - Momster-in-law

114 Sex - What gets him going?

116 In depth - The new cool

120 In depth - The real skinny on fat

LUXE LIVING

126 Lifestyle news

128 Profile: Lentswe Bhengu

130 Décor - Flat candy

136 Food - Brunch canapés

142 Eat rite - Mushroom delight!

146 Eating out - Celebrate in style

160 Motoring

162 Movies and DVDs

164 Books and music

166 Out and about

168 Horoscopes

170 Brian McKnight



This page Swimsuit, Kriss and bracelet, Kingdomchild Accessories.

DISCLAIMER

Copyright Media24. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any form or by any means, electronic or mechanical, without the prior permission in writing from the publisher. While reasonable precautions have been taken to ensure the accuracy of advice and information given to readers, the editor, proprietors and publishers cannot accept responsibility for any damages or inconvenience that may arise therefrom. TRUE LOVE has the right to make alterations to any material submitted, and cannot be held responsible for the loss of or damage to any material submitted for publication. All prices quoted were correct at the time of going to press, and may vary from shop to shop.

COMPETITION AND GIVEAWAY RULES

1. The judges' decision is final and no correspondence will be entered into. 2. The prizes are not transferable and may not be converted into cash. 3. You may send in as many entries as you wish. 4. If possible, please supply a residential rather than a PO Box address. 5. Entries sent by registered post will not be collected. 6. Staff members of Media24 (Ltd'), as well as their advertising agencies and immediate family members, may not enter. 7. Winners indemnify and hold TRUE LOVE Media24 (Ltd) harmless against any liability, claim, damage or loss resulting from participation and winning of prizes. 8. By entering you agree to receive further communication and direct marketing material from Media24 (Ltd). 9. Letter of the month chosen at editor's discretion, and the winner will be notified telephonically, 10. Winners are drawn randomly by computer, 11. Prizes may differ from picture, 12. Allow for six to eight weeks for delivery, 13. SMSes cost R1,50 and free SMSes do not apply.

Our light bulb moment.

If a woman can do at least four things at once, her skin care should too.

Visibly erase wrinkles. Even skin tone. Lift. Hydrate.

Clinique Smart SPF 15 Moisturizer. High-speed moisture plumps skin by 70% instantly. Clinically proven to visibly smooth lines, even tone and lift at 4 weeks. More smart thinking at clinique.co.za

Clinique Smart[™] Custom-Repair Serum and New SPF 15 Moisturizer

*Clinical testing on 35 women.

CLINIQUE

Allergy Tested. 100% Fragrance Free.



Available end September at selected Edgars, Red Square, Foschini, Truworths and Stuttafords stores and online at www.clinique.co.za



HELLO FRIENDS

When I started this job a year ago, I promised myself I would shape this brand into a mouthpiece for South African women. I wanted to make sure that every woman, even the most controversial ones, would have a voice to tell their stories. At the time, people were talking about musician Kelly Khumalo, saying she stole boyfriend Senzo Meyiwa from his wife, and shocked that she was pregnant by him. I asked her to share her story with our readers. She agreed, and gave us a sneak peek of her daughter, Thingo, who was just three months old at that time. At the shoot, I saw she was a hands-on mom, and called her beau to discuss fetching her son, Christian, from school. Kelly confided that everything was finally working out, and she and Senzo were building a life together. Four months later, Senzo was shot and killed, leaving Kelly in total shock. Most people couldn't imagine how she would go on without him, especially when they saw pictures of them earlier that fateful day, in which Senzo was singing and Kelly was beaming with joy. It was an abrupt end to their love story.

As we were preparing for the shoot for this issue's cover story, the thought of seeing Kelly, who's gone through such pain, devastated me. The last time I spoke with her she was radiant with happiness but now I was meeting someone who held her dying man in her arms, and was then insulted by the public and denied access to the funeral to bid farewell to the man she loved. When I got to the shoot, I avoided asking her about certain details, especially about Senzo. I limited our conversation to make-up and the swimsuits she'd be wearing. But Kelly looked me in the eye and said: "You can't avoid me. I know what you are thinking, but I'm fine, Dudu, despite everything that's happened. I'm still hurting, but life has to go on." I was shocked by her strength and the intelligence to separate emotions and reality. Kelly didn't let her hurt take over and stop her from picking herself up for her two kids and her career. That's a lesson most of us can take from her experience. Read more about her final moments with Senzo and why she says her life has never been better. Here's to another great read.

PHOTOGRAPH Nick Boulton MAKE-UP Esme Mashugane STYLING Goodman Nkosi from Management@sayheita.co.za

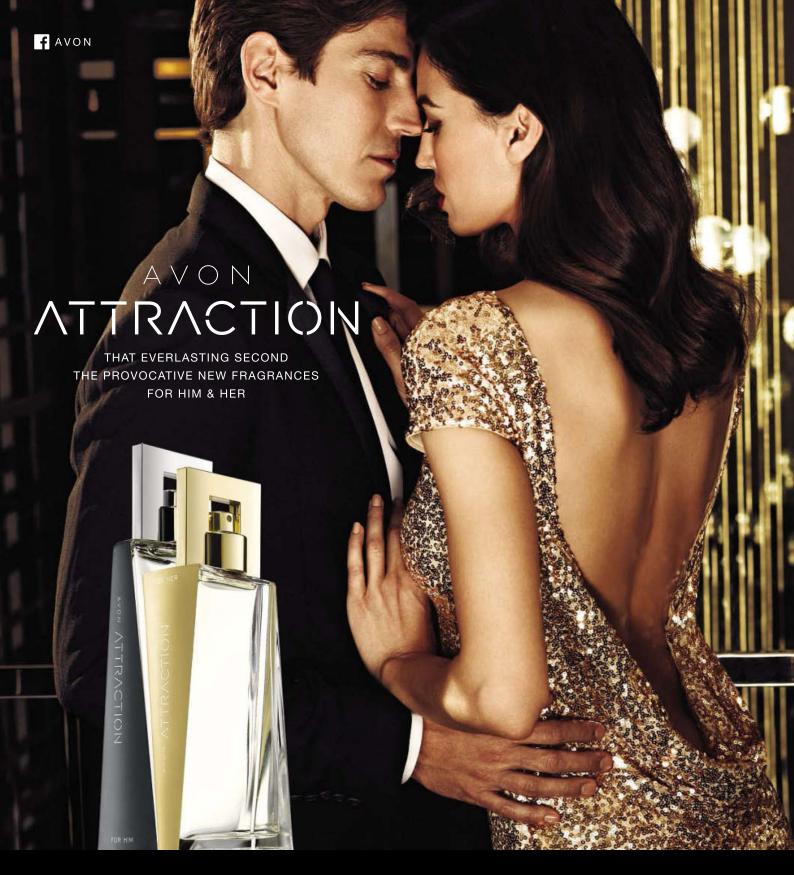


Have it all. Rich colour + smoothing primer in one.

TRUELOVE.CO.ZA



Let us know what you like, love or loathe!



Beauty for a Purpose

 $A \lor O \lor$

DISAPPOINTED

I've been a loyal reader of TL for many years. I've seen women from different backgrounds being featured as cover stars for their powerful and inspirational stories. However I was disappointed with the August cover comments on Facebook.

Very few women were excited and happy for Denise Zimba and that made me realise how much we don't support each other as women. We think that other women are more deserving of success, happiness and praises than others. We don't appreciate that every woman has a story to tell that can inspire or, at least, make you think.

As beautiful as we all are, we equally deserve the chance of being treated fairly and it's for this reason that the 1956 women's march happened. It's sad now that we are fighting against one another. If you think you deserve to be treated with love, what about the other woman? Zanele Mtshweni via email

EMBRACE THE NEW

I was inspired by Bishop Musa Sono's article in the September issue, titled Embrace The New. It affirmed what had been going on in my mind just a few days before I bought the copy.

Often women hold on to sad and painful stories. It's good to acknowledge our past and to be truthful to ourselves. However, we need to be careful not to play victims or martyrs of our hard times.

It is okay to welcome and embrace change by closing painful chapters and opening our arms for goodness that life affords us daily. We are worth it! **Lebo Masiteng** via email

TRUE LOVE FAN

The September cover was 'appetising'. It's refreshing to see hunk Mr Maponyane embracing the true essence of a strong man. Nomzamo was equally beautiful and I enjoyed reading her story.

To everyone in the team, keep on doing the good work. I started getting hooked on TRUE LOVE mag when Minnie Dlamini was on the cover last year and I haven't looked back since. Lebogang Maphutha via email



Smangele Gumede Such hotness is not permissible! Beautiful and unexpected TL cover.

Tumi Mokone I'm buying this issue because I love Nomzamo, bathong!

Nosipho September Beautiful cover! I have my copy already. Love the couple lots.

Phelokazi Fortein That's what I am talking about TRUE LOVE. Suprise us please...



@AmyDamons

@TrueLoveMag thanks for the tickets! @tonibraxton and KennyEdmonds. Thank you guys for an amazing show #ILostMyVoice, Iol.

@Nondu_Poetess

Love what you do, trust what God has put in your hands and always ask Him for guidance. Thank You! @ TrueLoveMag @KatlegoMaboe

@HlelileB

I can't go a month without buying a copy of @TrueLoveMag. I'm a fan!

SEND YOUR VIEWS TO TRUE LOVE, PO BOX 784696, SANDTON, 2146; EMAIL LETTERS@TRUELOVE.CO.ZA; TWEET US @TRUELOVEMAG; OR POST YOUR MESSAGE ON OUR FACEBOOK PAGE.

TRUELOVE

EDITOR

Dudu Mvimbi Leshabane

EDITOR'S PA **DEPUTY EDITOR** MANAGING EDITOR

Nthabiseng Mofokeng 011 713 9876 Mpumi Zulu

FASHION AND BEAUTY

FASHION & BEAUTY DIRECTOR

Mbali Soga

FASHION EDITOR Siyamthanda Mtshemla FASHION & BEAUTY INTERN Tsakane Ndlovu

CREATIVE DIRECTOR Sihle Madlala SENIOR DESIGNER Given Zondi DESIGNER Ntokozo Brian Mahlaba PICTURE EDITOR Mahlape Koko **PHOTO RETOUCHER** Jermain Hendricks

FEATURES AND LIFESTYLE
FEATURES EDITOR Nonblanhla Khum

JOURNALIST COPY EDITOR **CONTRIBUTING COPY EDITORS**

Nonhlanhla Khumalo Zamahlasela Gabela Andronica Motlhabane Media Meme

EDITORIAL INTERN **FOOD EDITOR**

Susie Dinneen Percy Matshoba Tumelo Mushi-Sebopa

ONLINE

DIGITAL EDITOR Roxanne Francis

BUSINESS MANAGERS

WOMEN'S INTEREST Shaun Phillips 011 322 0720 BUSINESS MANAGER (JHB) Craig Nicholson 011 322 0731 BUSINESS MANAGER (KZN) Theresa Lavery 031 566 2442

GROUP ADVERTISING HEAD Yvonne Shaff 021 443 9812 BUSINESS DEVELOPMENT MANAGER Marianne Erasmus 011 322 0962 MARKETING EXECUTIVE Nolwazi Mjwara 011 713 9501 PUBLIC RELATIONS OFFICER Kgosi Modisane 011 713 9823

> **PUBLISHER** Nikki Ruttimann PUBLISHING MANAGER Kantha Govender CIRCULATION MANAGER Adele Minnaar FINANCE MANAGER Jameelah Conway

GENERAL ENQUIRIES (JHB) Sylvia Kgatla 011 713 9868 GENERAL ENQUIRIES (CT) Anita Grindlay-Whieldon 021 408 1278 OFFICE ASSISTANTS Vusi Mangwana, Thabile Mphuthi

Published by Media24 Naspers Centre, 40 Heerengracht, Cape Town, 8001, Tel: 021 406 2121 CEO: MEDIA24 Esmaré Weideman
CEO: MEDIA24 MAGAZINES Charlene Beukes CFO Raj Lalbahadur

SUBSCRIPTIONS, RENEWALS AND ENOUIRIES

TEL 0861 000 614 | 021 405 1043 EMAIL truelove_subs@media24.com SMS TL to 32361 (R1 per SMS) WEBSITE www.my-mags.co.za

PHYSICAL ADDRESS

69 Kingsway Avenue, Media Park, Auckalnd Park POSTADL ADDRESS

PO Box 784696, Sandton 2146 TEL: 011 322 0700 FAX: 011 712 3051 EMAIL: truelove@media24.com







TRUE LOVE is printed by Paarl Media Cape and distributed by On the Dot. (Reg No 1950/038385/06) VAT No 4150102228

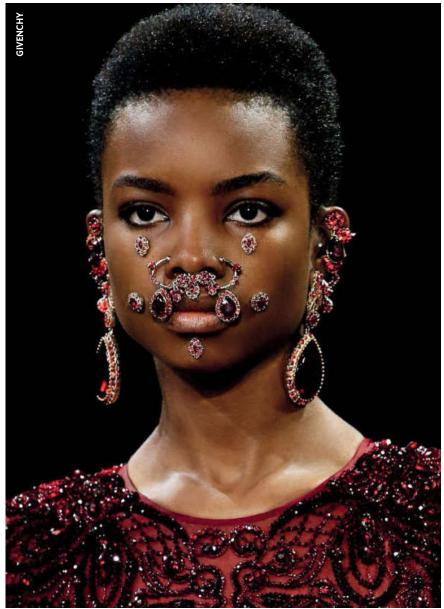
> All rights reserved. Reproduction in whole or in part without written permission of the editor is strictly prohibited





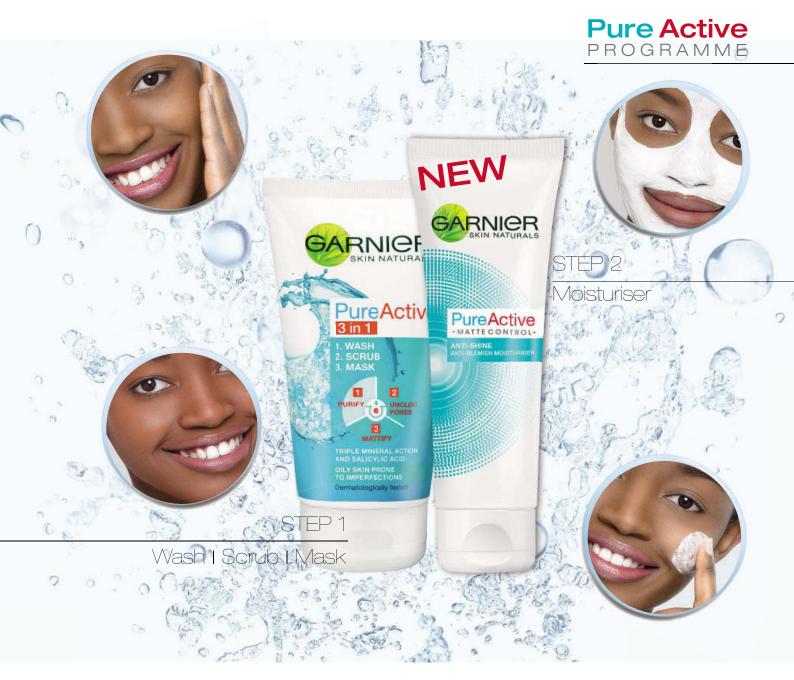
To purchase Tranquility Eau de Parfum or become a Consultant, call 0860 10 23 45 www.justine.co.za

Bejewelled



ACCESSORIES GUIDE

From BAD GIRL earrings and dainty FLORAL-INSPIRED pieces to the ultimate in ARM SWAG, here's this season's must-have bling.



Just one programme for the **purest skin**

PURE ACTIVE 3 in 1

1-CLEANSE with zinc and Smithsonite to help reduce blemishes
 2-EXFOLIATE with Pumice to unclog pores and remove blackheads
 3-MASK enriched with white clay that mattifies the skin

PURE ACTIVE MATTE CONTROL 8H NON-STOP MATTE FINISH

4-MOISTURISE with active airlicium for mattifying results that last up to 8 hours









BEJEWELLED AND BEDAZZLED

An outfit is only COMPLETE with the JEWELS to MATCH. We bring you the BEST ACCESSORIES for Spring/Summer 2015!













TL | Jewellery edit



HOOP-DEE-DOO

Retro hoops are back with a bang – from circle discs to simple cut-outs. Hoop, there it is!

R999 American Swiss

R39,95 Woolworths

R599 American Swiss

GEOMETRIC SHAPES

Octagons, circles, squares, triangles

– this trend takes us back to maths
class. No metal is off limits.

R120 Zuri

R349Country
Road

R999 American Swiss







CRYSTAL CLEAR

Semiprecious stones hit the big time. Look for subtle details that give your accessories that extra edge.





THE MORE, THE MERRIER

From punk and grunge to rock
– multiple piercings make a
statement. If you dare to go
down the road less travelled,
try the quirkiest pair.





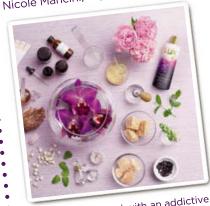


Lux Body Wash has perfume specially designed by the world's best perfume experts to last up to 8 long hours.

"I chose the black orchid to create this bold intense long-lasting perfume - only for Lux Body Wash."

I was inspired by a bold, modern, yet very feminine woman who is utterly captivating when I created this perfume. And for me, the alluring black orchid with its intense and sensuous fragrance perfectly captured her spirit. With the black orchid at the heart, I composed a perfume using a blend of dark woods, golden amber and vanilla. I hope you enjoy my perfume and that it will bring out the bolder, captivating side of you.

Nicole Mancini, Expert Perfumer



"Floral and sensual with an addictive accord of vanilla bean, this intoxicating fragrance features the rare black orchid at the heart, with mysterious woods, exotic fruits and feminine jasmine and tuberose blossoms."



Even if you've never used a body wash before, you'll find it super easy to use - see tips below. This gorgeous perfume will bloom in your shower; and best of all, continue to give you perfumed skin for up to 8 hours - so you'll smell amazing even at the end of the day. And when you smell so fabulous all the time, you'll feel like you can conquer the world. Try it and see!



How to get the most out of your Lux Body Wash

- 1. Wet loofah
- 2. Pour a little Lux
- 3. Massage loofah for luxurious lather
- 4. Spread lather all over and enjoy the bold perfume
- 5. Go out and conquer the world for the next 8 hours!



Imagine being enveloped in a captivating perfume all day long - with just one shower. With the revolutionary Lux Body Wash, you'll not only feel like you're bathing with perfume, but also wearing fragrance long after your shower.

PERFUME

Cleverly combining technology and fine fragrance, world class perfume experts have designed Lux Body Wash to leave a captivating scent on your skin for up to 8 whole hours after your shower.



Bold and fearless, like you, the perfume of the rare black orchid is utterly captivating.





SHAPE UP

SALSA JEANS will enhance your curves and flatter your shape, instantly.

SLIM WAIST THESE THREE STYLES WILL GIVE YOU AN **INSTANT TUMMY TUCK.**



CARRIE These are super flattering high $waisted\ wonders.$



PUSH-IN Flaunt a flat tummy and a shapely waistline.



SCULPTURE These give you a perfectly sculpted waist.

SEXY BOOTY SALSA'S PUSH-UP JEANS ACCENTUATE YOUR CURVES.



MYSTERY Maximise your booty with optional pads.



WONDER These comfy low-rise jeans enhance your natural curves.



SHAPE-UP The higher rise at the back gives you a delicate derrière.



STRAIGHT LEG **SLIM** LEG





Salsa

STYLIST'S TIP

Once you've found your perfect fit, the best way to wear your Salsa jeans is with a pair of gorgeous heels. Roll up your jeans if they're a slim fit, or leave them at full length if they're skinnies or bootleg. Salsa jeans are available at the Rosebank Mall flagship store and selected Edgars stores.



CONVERSE FROM SNEAKERS UP

Available at selected retailers.



CONVERSE



CAPE TOWN ALWAYS DELIGHTS MI

The science of healthy skin The radiance of nimue



Feel the difference from the start. See the difference with visible results.

HYPERPIGMENTED RANGE

Skin shows overproduction of melanin due to internal and external factors, resulting in visible uneven skin tone. The Nimue Hyperpigmented skin range is scientifically formulated with an optimal pH and concentration to slow down further pigment production while reducing and controlling existing damage.

Melano Fade Mask

- Overnight leave on mask works to promote brighter and even skin tone
- Improves skin texture due to exfoliation on the surface and pores

Day Fader

- Improved skin colouring and texture
- Assists in regulating pigment production

Available in leading beauty salons

Visit www.nimueskin.com for more information on the skin classifications.

f Nimue Skin Technology International 🖢 @nimueskinint 📓 @nimueskininternational





IMAGES Mondadoriphoto.com; Supplied STOCKISTS Clicks (0860 254 257) Dis-Chem (0860 347 243) Edgars (011 685 7000)

INSTANT FACE LIFT

Lift cheeks and jaw-line instantly with the new Estée Lauder New Dimension Shape + Fill Serum R980 and Expert Fill Tape, R775.

ESTĒE LAUDER

New Dimension cont Liquid Tops

STĒE LAUDER New Dimens

rum comble

everything "under the sea." The aquatic green mascara, R265, and ombre iridescent eve shadow, R270, are on the money as

seen at Ellie Saab.

NAIL COLOUR ALERT

Sugary pastels are the go-to nail shade this season. Think of them as your nail foundation. We love Essie nail colour in Ballet Slippers, R125.

BEAUTY NEWS

YOU CAN HELP

Remember to buy your Clinique Dramatically Different Moisturising Lotion + or Estée Lauder Advanced Night Repair during the month of October. All proceeds go towards the Breast Cancer Research Foundation.

The latest on GREATEST BEAUTY FINDS to hit our desk this month.

By Mbali Soga

OIL-CONTROL

Warmer days are here and, with them, comes shiny foreheads and T-zones. Keep a press powder compact in your bag for little touch-ups. Try Chanel Le Beiges Healthy Glow Sheer Colour Powder, R765.

All you need is a little water

If you haven't tried cleansing water before, we've got just the perfect one for you - Garnier Micellar Cleansing Water and Pure Active Cleansing Water, R79,99. Now you can remove make-up without rinsing your face. A perfect night essential!

CLINIQUE

dramatically different

moisturizing lotion +

émulsion hydratante

tellement différente



28 OCTOBER 2015 WWW.TRUELOVE.CO.ZA









The product most recommended by doctors for scars & stretch marks.

Insos 2014



"I was first introduced to Bio-Oil after I cut my leg while hiking. A friend recommended using Bio-Oil as soon as the wound had healed and I am so grateful for her advice! Thanks to Bio-Oil, the scar is now just a faint line which I rarely think about. Then, 3 or 4 weeks back, I decided to try it on my face — I've been an outdoors person all my life and have more than my share of dry, tired-looking skin. Well, my skin feels much smoother and looks positively radiant! Needless to say, Bio-Oil now has a permanent place in my medicine cabinet!" Fiona Stewart



Thinning hair often occurs as a result of excessive pulling caused by tight braids and plaits. Using too many strong chemicals on your hair, such as relaxers and colours, can worsen the problem. Other causes include high stress levels, poor nutrition, certain medication, and scalp conditions such as eczema and bacterial infections.

If your scalp is flaking, damp, bleeding, has a strange smell or is painful, contact your doctor immediately. If scalp problems are left untreated, they could cause irreversible hair loss. Hormonal fluctuations also play a role, particularly during pregnancy and menopause. Low oestrogen levels can also cause baldness, but with the correct medication, this can be overcome.

Give your hair a break from tight styles and use mild hair relaxers less often. You can also take multivitamins to help nourish your hair follicles. Remember always to handle your hair with care and address any problems that crop up without delay.

To help you start the process, we've selected a few of our favourite over-the-counter hair thickeners.



MAGES Mondadoriphoto.com; Gallo Images/Getty Images; Supplied STOCKISTS Clicks (0860 254 257) Dis-Chem (0860 347 243)



GROW
FULLER
HAIR NOW!

STOP thinning HAIR in its tracks with this selection of products.

 ${m By}\,Mbali\,Soga$

34 | OCTOBER 2015 | WWW.TRUELOVE.CO.ZA

Caivil Mend 'n Gro Maxi Moist, R26,95

MAXI MOIST





For Nourishment + 5x silkier hair.*

Dove Pure Care Dry Oil



A year after tragedy struck, the one and only KELLY KHUMALO tells us about life without Senzo Meyiwa. By Bonga Percy Vilakazi Photographs Nick Boulton of that fateful night of 26 October 2014, She arrives for her TRUE LOVE shoot when her life changed forever. in a white vest, torn black skinny jeans, in one piece," Kelly Khumalo tells me. I white Nike sneakers and a brown hat. have been by her side during and after her She looks quiet and pale, and she's not late boyfriend and star goalkeeper Senzo wearing any make-up. It's only when she's wearing any make up. It's only when she's asked why she didn't bring her daughter, "I'm okay with everything that's happened. meywas ucam. It's been a year since Kelly's beau was Thingo, along that she relaxes and a glow slowly spreads across her face. "Oh, that > I've accepted my truth, and I've stopped shot and killed. The entire country was Meyiwa's death. shattered by the news - not just soccer being angry and asking questions. I'm fans. And one of the people this tragic also not looking for anyone to blame for what's happened in my life. If this is the event hit the hardest was Kelly. Until path I was meant to walk, then who am now, she has never discussed the details I to question it? There are people who have gone through worse things than me. But like every mother, I go to work with the hope of coming back to my children



madam!" she says, laughing. "She looks exactly like her father. Every time I look at her I see a replica of Senzo, and I'm

In between shots, the pint-sized pop like, 'Oh, my God'." star is taking calls, making bookings for shows. She reveals she's running her office from her cellphone. "You need to know what's happening with your money. I've never been this busy. It's hectic, but life is great. I can't complain. Things have

It's clear Kelly is doing things on her own never been better." terms. She's moved out of the place she was sharing with Senzo, and lives with her mom, sister Zandi, and her two kids. "Christian is five years old and incredibly musical. He has the personality of an entertainer, and is always the centre of attention," she says, beaming with motherly pride. Many might be surprised to learn that Kelly is a very involved parent; constantly going to parent-teacher meetings and racing against other parents on school athletics days.

"I'm that mother who's always giving my kids the side-eye when they're naughty. I love and adore them, and my job is to teach them how to have better lives than mine, and instil love in them. It's not enough to just take them to school – I want to teach them about life. I will teach them to learn

"My kids were both there when Senzo from me and do better. was killed, and I know that one day they will have questions. Christian used to

any more. He was very close to Senzo. In fact, after Senzo was shot, Christian was pulling his hand – I think trying to save him, in a way. Thingo always says, 'Daddy, daddy'. Every day she looks at a photo of him in the house. Not so long ago, she took out her dad's medal from the drawer and wore it around her neck. She had it on the whole day. I don't know, but it's like she sees him."

For her first birthday a few months ago, Kelly's family bought Thingo a cake and candles, and celebrated with her. For Kelly, it was an emotional day because she and Senzo had been planning an elaborate party, and to go through this alone broke her heart.

"That Sunday morning of the shooting, I had a show in Soweto, and Senzo came with me," Kelly recalls. It had become common for him to tag along to her shows. "We were so happy on that day. We got to Dorothy Nyembe Park and Senzo did something he had never done before. He stood right in front of the stage and watched my every move, smiling. I couldn't miss him. He was wearing a white T-shirt. I thought about how everything had worked out, and all the drama we had experienced throughout the relationship was behind us. There was still talk about us, but as far as we were concerned, we knew our truth. What mattered was that we were together and made it in spite of all that's happened.

"After the show, we picked up Senzo's friend who had just arrived from KwaZulu-Natal and went to my mother's house in Vosloorus for dinner. We often did that. On the way, he kept blowing kisses at me, telling me he loved me. We then strolled hand-in-hand to the spaza shop like teenagers before returning to the

house, chatting and giggling, without a

That was the last walk they would take care in the world."

Kelly doesn't want to rehash the details together. of what happened in her home that terrible evening. "Everything's still under investigation, as you know," she says.

"He had been shot and we needed to get him to the hospital. After struggling to get Senzo into the car, my sister, Zandi, sat with him in the back, doing everything she could to make sure he didn't close his eyes, telling him how much he was loved. The drive felt like an eternity. My mom was praying for his life in the passenger seat.

"When we got to the hospital, he was immediately rushed to the trauma unit, but later lost the battle. The doctors did everything they could to revive him. At some point, I left the room, begging God to spare his life. While I was praying, I heard my mom and sister screaming at the top of their lungs. The screams rang through my ears and pierced deep into a place I can never describe. For a moment, I was not myself any more. I jumped up and rushed towards the screams, with nothing but fear and hollowness inside of me.

"I asked everyone in the room to give me a moment to say goodbye. I've never felt more pain in my life. If I could've done more to try to save him, Lord knows

The days that followed were intense, I would have." highly charged. Getting into the house she had shared with Senzo was, to say the least, a mission. At the gate there were fleets of cars filled with friends wanting to console her and journalists wanting the scoop. Cameras flashed from the top of the construction site next door. It was all very uncomfortable. Everyone wanted to know what had happened, and neither Kelly nor her family were saying anything, even to close friends.

ask what happened, but now he doesn't

$Cover\,story\,|\,\textbf{TL}$

"I felt like the journalists had been waiting for something like this to happen so that they could feast on me. I was also a victim that day. If I was the terrible person they were accusing me of being, what kind of a monster would I be to do something so horrendous in front of my kids? And if I had wanted to kill him, would I do it in my own home?" she asks rhetorically. "Senzo was loved and adored by my

family. He was my mother's son - they got along like a house on fire - so to suggest I had a hand in it was very hurtful.

"What hit me the hardest was that he was gone. The person who had meant the world to me was no more, and I would never see him again. We had planned so many things, like buying a place together, travelling, starting a family, and really just doing all the things young couples do. I had just released the album Back to My Roots and he was the country's chosen goalkeeper. We were on the rise, and there was a lot to look forward to. But no matter how angry I got about the situation, it wasn't going to change the fact that he was gone. It still kills me to this day, and it will probably torment me for the rest of my life." It's at this point that she breaks down and cries.

But Kelly is a fighter, and refuses to stay down. "After Senzo's death, I couldn't be cooped up in the house forever. I had an album to promote and two kids who couldn't feed themselves," she says.

It caused a stir, but a few weeks after the funeral, she decided to attend the Feather Awards, hosted by her friend Thami Kotlolo, which celebrate individuals who are appreciated by the gay community. Of course, Kelly has always been big in those circles, what with that big voice and over-the-top personality.

The morning of the awards, I found out that she would be attending and tried talking her out of it, but her mind was made up. Maybe she was right. After all, Christian's father was in jail and Thingo's dad had just been buried. Also, perhaps going out was the one thing that would keep her from losing her mind. I certainly >

wasn't in her shoes, so I couldn't judge.

The night of the Feathers, Kelly looked radiant in a black-and-white Machere dress that hugged her petite frame. She had lost so much weight in those two weeks. The moment she stepped on to the carpet, every camera turned her way and started clicking. I could see she was nervous. I followed from a distance. "What the $f^{**}k$ is she doing here? I thought she lost her man!" I heard one of the female journalists saying.

Some people were rooting for her, happy and relieved. Others thought it went against black culture. Either way, it seemed like Kelly had again managed to elicit strong opinions from people.

"Going to the Feathers was a choice I made on my own. I was definitely not over the death, and the pain was still raw. I hadn't healed. But a big part of me felt like I needed to pick up the pieces and limp along. Life needed to go on. I had to come out because shutting myself indoors wasn't going to change anything. Even if I had come out 10 years later, people were still going to talk. My album had been released a few months before. I had two kids who were depending on me. So who gets to decide how long I grieve for, and how I grieve?" she asks.

But it's been a long journey to get to this point. Kelly and her family had to abandon the only home they'd ever known as it had officially become a crime scene.

Just two days before Senzo's funeral, his family spoke to the media, saying Kelly wasn't welcome to attend. I spoke to another one of Kelly's friends, and we agreed to advise Kelly not to attend. Going would have been a bad idea. It was bad timing – just bad. No good would come from it. Fortunately, by the time we spoke to her, she had already decided she wouldn't go to the funeral. "I had already said my goodbyes to him," Kelly says sadly, shrugging.

Many of us feared she would go back to drugs. There was absolutely no way she was going to survive this tragedy, we thought. It was not possible; no amount of support or encouragement would be enough. And who could blame her?

It seems our fears weren't unfounded. $\hbox{``It\,crossed\,my\,mind.\,I\,thought\,I\,needed}\\$ something to numb the pain, but what surprised me was that nothing in my mind or body was craving anything. It also felt

like I would be postponing the recovery if I did drugs. It was important for me to remain sober, although I knew it wouldn't be easy. It still isn't. And I had my children to consider. I'm all they have."

On the day of the funeral, Kelly spent most of the morning in bed until a few friends popped in to keep her company. We knew it would be one of the most difficult days of her life. We ended up watching the funeral on TV, as Thingo played nearby, oblivious to everything that was happening. Kelly kept breaking down and crying.

The investigation was ongoing and there were still a lot of questions. She also hadn't worked in a while, and cash wasn't coming in. Kelly was aware of all the talk. Somehow a newspaper always found its way to her lounge table. It wasn't possible to shield her from it completely, even amid her self-imposed house arrest.

"I stayed away from social networks. I knew I was going to be called names, and I knew I was going to be hated by people who had never even heard of me.

"People don't realise that by the time I start dating a person, they have already lived their own lives, and have been going through their own struggles and demons. I can't be blamed for it, and I can't speak on their behalf. I, myself, am on my own journey that I'm still trying to understand. Just because I'm the one who's still standing doesn't mean I should be held responsible for people's lives and be blamed for everything that happens in their lives."

While the drama surrounding Senzo's death was unfolding, Kelly's single Asine, written by the legendary producer Sello "Chicco" Twala, was making its way up the charts. The song is about a woman who was defending herself after being accused of killing her husband. What are the chances? The song was released way before the tragedy, but it had been eerily prophetic. Once again, when Kelly didn't have a voice, her music spoke for her.

"When Chicco told me about the song and what it meant, I was very keen on doing it because it was something that had never been addressed before, yet we hear about it many times in our black families. I wanted to speak for those women who had gone through it. Little did I know that I would also go through the very same experience I had sung about."

One of Kelly's biggest fears was going



back on stage. We were all scared for her. Would the fans throw bottles at her? Would they boo her? How would it all turn out? We didn't voice these concerns, but she knew we were thinking about it. Her first performance was in Durban, where Senzo's family lives. This alone was enough to intimidate her, because they had been very vocal about their dislike, even hatred, for her. They blamed her for his death.

"When I arrived at the venue, the love I received was overwhelming. I got on stage not knowing what to expect. There was absolute silence. By the time I sang Asine,it was raining, and people were singing along. Senzo and I always spoke about the rain. We always believed that when it rained when he had a game, he would shine. When it rained that day, I knew in my heart that he was there," she recalls.

Kelly was officially back, busier than she'd ever been in her career. Her song was dominating the airwaves, and promoters



"I STAYED AWAY FROM SOCIAL NETWORKS. I KNEW I WAS GOING TO BE CALLED NAMES, AND I KNEW THAT I WAS GOING TO BE NAMES, AND BY PEOPLE WHO HAD NEVER HATED BY PEOPLE WHO HE." EVEN HEARD OF ME."

wanted her to sing on their stages. This was exactly what she needed to keep her spirits up.

"I was working a lot, day after day. I worked to a point where I was not going to slow down. My music healed me, as corny as that sounds. I don't know where I would be had it not been for the music and the love I received. It elevated me.

"One of the things I would like to do in the near future is to record a thanksgiving album, which will feature gospel songs. I feel like it's the most natural thing to do because of what God has brought me through. It's not a strategic move that I want to make for my career, but I want to do it because it's in my heart. I'm not

changing genres or becoming a gospel singer; I'm just recording an album."

And those who have followed her career will know that Kelly is right at home when she sings gospel (she was discovered at a gospel competition). Her new duet with Arthur Mafokate, Nguwe Lo, has also been climbing the charts. And she has more surprises in store for 2016.

"I'm still travelling a lot, performing songs from my album. I still want to do a lot of acting and just carry on fulfilling my passion for the arts. I have no plans to be in a relationship any time soon because that's not where my priorities are," she states decisively. And on the topic of having more kids one day, Kelly says she doesn't know what the future holds. "I'm content

with the way things are at the moment."

Kelly has gone through what most people will never experience in their lifetime. But she's also a model for rising up again and being victorious. We might not understand or even agree with some of her choices, but we can't take away the fact that she is a very special talent. And for her, life is what you make it.

"I believe we go through things in life for a reason. For some people it's to learn; for others it's to elevate them to the next level.

"My life has turned upside down. But through it all, I've never doubted God's love and how He has carried me. If you have not seen God's love, look at me. That is my truth. Anything beyond that, I can never explain to you," she says with a smile. \blacksquare



We loved actress Tracee Ellis Ross as Joan in the series *Girlfriends*, and although she has been rather quiet over the past few years, her star has not dimmed at all. Her recent return to our screens has put smiles on thousands of fans' faces. The 42-year-old was born into music royalty, but her mom, the legendary Diana Ross, allowed her and her siblings to pursue their own dreams. Tracee tells us about her new series, *Black-ish*, in which she stars with funnyman Anthony Anderson.

You come from a mixed-race background and now play a character from a mixed-race family in *Black-ish*. Do you think your life prepared you for the role? Were your parents insistent on having both sides represented?

I don't know that it was a conscious insistence; I think it was the way both of them were. They were both very open-minded individuals who had a positive experience with both cultures, so it wasn't a negative thing. I never understood that, "Oh, what was it like being mixed?" question. It was actually a really extraordinary experience for me, mostly because it made me very comfortable with difference. My immediate impulse with people is to look for what is the same, not is what different. So it created a connection with people instead of a distance.

INFR OMAGE

After stealing our hearts in *Girlfriends*, Diana Ross's daughter, **TRACEE ELLIS ROSS**, is on our screens again with her hilarious sitcom, *Black-ish*.

By Sandra Morris

Most people don't grow up with a superstar as a mother. Does that really complicate things or does it make life easier?

I don't have any other experience, so I actually don't know. But I will say that my mother is all of that superstar icon thing. She actually supersedes that. She was a mother first before anything else.

So you didn't see that celebrity side of her?

I did see that side, and I became aware of it the older that I got. I was like, "Holy moly! You must do something important!"

Do you get your mothering instincts from her?

Of course I do. How could I not? My mom was a hands-on and beautiful mother. I look forward to the opportunity to be a mother so that I can continue the tradition. I see it in myself.

You have an amazing figure. How do you stay in shape?

Oh, I love that you said that! I work my ass off! I work out like a crazy lady and I watch what I eat. I'm 41, and what you are blessed with at 20 is not just a simple blessing at 41 - it's something you have to fight for. I don't limit myself intensely, but I am aware of what I eat, especially when I'm going on camera.

Seven years later, people are still obsessed with Girlfriends. Is there a chance you will ever revisit it one day?

I don't know. I know that all of us would love to. We love one another and loved Girlfriends. I think some of that stuff is up to the gods at this point. I don't even know what it would take. We've had conversations and then they disappear, and now I'm on another show. But what I can say is that the fact that people are still talking about Girlfriends and that they still love the show is a huge blessing and a testament to the work that we did.

Would you ever think about having your mom and brother on the show?

I actually haven't considered it just because I've been so immersed in filling up my character right now and exploring this new adventure for myself. But I always consider those kinds of things, because why not?

Do you ever get the feeling that you

"ALTHOUGH NOT EVERYTHING HAS TURNED OUT EXACTLY THE WAY I WANTED, AND MANY THINGS HAVEN'T, I HAVE BECOME THE KIND OF WOMAN'I NEVER DREAMT I COULD BE."

were destined to be in show business? Did you consider other careers?

I considered a lot of other things. I don't know if I thought show business was in my DNA. I was very shy growing up. I thought I would go into fashion. I did that. I worked in the magazine business for some time. I discovered something completely opposite from my mother. But what I have come to realise as an adult is that I am more of a performer than an actress, and I do think that's from my mother. I think the performance element of that is really what draws me to the work, but I'm very different from my mother. So I don't know that there was ever an assumption that this is where I would be or end up or anything like that.

Where does the actress side of you come from? Is it something you always had?

When I was young, I was a class clown. I've always loved to make people laugh. I love connecting with people, so I think that's really where it came from.

Do you have any tools or rituals that you use to keep the creative juices flowing?

I think joy is the creative well, and it's a place I tap into. It takes a lot to stay on course in this business and in these lives we live. I don't think there are enough hours in a day. I went back to Brown University for the 20th anniversary of my graduation and taught a course to a whole bunch of graduating seniors, which was amazing. The topic was on tapping into the creative well. One of the things I said to them is that when you graduate, you have this idea in your head of where you want to go and who you want to be, but you wake up at 40 and go, "Where is that person that I wanted to be? Where's the life I wanted to have?" Although not everything has turned out exactly the way I wanted, and many things haven't, I have become the kind of woman I never dreamt I could be, and as a result, I have a life that makes me happy.

Who are your comedy idols?

Lucille Ball, Carol Burnett, Julia Louis-Dreyfus. I also love Kristen Wiig. ■





RENAISSANCE

She's searching for the hottest rapper of the next generation on Vuzu AMP's *The Hustle*. **SAMMY SOSA** is on a high. We catch up with her in between her busy schedule.

By Khuthala Nandipha and Yonela Diko

When Vuzu AMP announced DJ Sam "Sammy Sosa" Lehoko as the host for talent show *The Hustle*, it felt like a natural choice. The vibrant TV and radio personality has been almost omnipresent in the media of late. As she puts it herself: "2015 has been a year to slay", and what an amazing year it has been for her.

If an opportunity presents itself, Sammy says, "you have to take it with both arms". It's a motto she shares with other hustlers, and that she was charged with finding the ultimate hip-hop hustler by the creators of *The Hustle* is in itself proof that her hustle is on point.

"I have always been honest about who I am and where I come from, and I think that's the most important thing about being in this industry. You have to be authentic. I also have never needed people's validation. If people don't

like me, they should change the channel. Everything about me is different - my personality, my perspective on social issues, my appearance, my energy and, most importantly, my voice," she says.

Sammy is young, talented, fashion forward and beautiful. And her main source of inspiration is music.

"I've always had eclectic taste in music," says Sammy. "From jazz to hip-hop, there's no questioning my taste for it. I guess nobody can describe what it does to a person, but it's something that's just always there. It motivates me, puts me in a good mood, gets me out of a bad mood, and helps me get through most of my work. From the production and arrangement of a song to the lyrics, music speaks to me. Not many people my age listen to jazz, but there's a genre for almost every mood."

But who is Sammy? She was born Sam Lehoko in East London, raised in Manchester, England, and travelled a great deal with her family before returning to South Africa to study at the University of Cape Town (UCT). Now she calls Joburg her home.

She enrolled at UCT to study arts and photography, and soon joined the campus radio station to discover her untapped passion for broadcast media. As a growing TV presenter and radio DJ, she moved from UCT Radio to a gig at Channel O after a short stint on e.tv's Club 808.

Today, of course, she hosts the popular The Hustler, and in doing so has joined a growing list of young, foxy and talented South African women with a never-say-die attitude that is making them household names among the country's youth.

"When I moved to Johannesburg, it was all about radio and working for YFM. It was one of the most exciting things that had ever happened in my life and, once again, things just fell into place with TV. I actually started doing a gig guide for e.tv's Club 808, and it was the most nerve-racking experience as it was my first TV appearance," she says.

Sammy's formal training no doubt prepared her for life on the other side of the lens.

"Studying photography and starting my own company was really a great achievement, and I love how through photography one can capture amazing

moments and make them live forever."

She adds, "I love portraits, because a face can tell a thousand tales. Photographing people was and still is my passion. But now, a few years later, I find myself in front of the lens as opposed to behind it."

Sammy's passion is evident in her life-size tattoo on her arm of an oldschool camera. Her arms and chest are covered in ink. She says tattoos are an obsession. "It really is an addiction; it is a way I express myself. I'm an all-round artist, so I love it as a form of art."

Sammy is as real and practical as someone gets in this industry. She's built her brand through a mix of hard work and social media hype. The #AlmightySosa, as she is occasionally called on Instagram, is a true hustler. She works hard, does what she loves, hustles for her family,

"I HAVE ALWAYS BEEN HONEST ABOUT WHO I AM AND WHERE I COME FROM, AND I THINK THAT'S THE MOST IMPORTANT THING ABOUT BEING IN THIS INDUSTRY. YOU HAVE TO BE AUTHENTIC."

and looks amazing. But is that enough in a world in which your hustle must outdo all others before you even think about spinning it and packaging it for social media?

Sammy's social media skills are second to none, and her Instagram account has taken a life of its own. One fan sums it up clearly: "The fact that Sammy answers almost every tweet she is mentioned on is f!@#ing amazing. She is one of a kind. So chill and humbled. She is almost anti-celebrity in that way, and fans have noticed."

Sammy exudes an intelligence that belies her age and peers. On a good day, she may post, "You won't know

unless you actually try, nothing is ever guaranteed. You might not be the most successful radio jock in the industry, but at least you know that you went out there and you took the opportunities." Sometimes she might wow you by writing, "Lightning never ever strikes (the same place) twice, so if there's something that presents itself, you have to take it with both arms."

Sammy is on her way to becoming much more than just a hustler; she is becoming a mastermind. She's our own Childish Gambino. In addition to her presenting, social media and photography skills, she is also a respected vocalist and emcee, and no doubt there's so much more of Sammy to come.

She has mastered the art of managing her brand and growing it by doing simple things people can identify with, like democratising shoe shopping on Instagram and making people drool over her choices through her clever framing and artistic presentation.

What really sets Sammy apart as the model hustler, though, is how she handles her duties as a mom. She might be just 26, but she never loses sight of the fact that she is working to feed her family and make a home for her son. She has no time for games.

"Becoming a mother is probably the best thing that's ever happened to me. I couldn't have asked for a more beautiful, well behaved and intelligent son. He is the apple of my eye, the number-one man in my life, and the pillar of my strength. I thank God every day for blessing me with him. He is my biggest motivation," says Sammy, adding that her son, Karabelo, whose name she has tattooed across her chest, is the calmest baby she has ever met.

Being a mother gives Sammy's life purpose. It grounds her and boosts her determination to hustle.

In an industry that can chew you up and spit you out, Sammy has done a great job to make friends with people with integrity who are as focused as she is.

Sammy is taking over the media industry one hustle at a time. One thing's for sure: if she keeps up her positive attitude and continues to give her all to every opportunity that comes her way, we have seen only a glimpse of her vast potential.

In 2013, Carolina Herrera de Báez, daughter of renowned designer Carolina Herrera – whom we've come love here in South Africa for her beautiful fragrances - launched a breast cancer initiative called Support with a Smile, which focuses on easing pain for sufferers. In 2013, the organisation's limited-edition fragrance, CH Pink Wish, was sold in South Africa, and the proceeds went towards the cause. When asked "Why breast cancer?" the younger Carolina explained that cancer that has affected many people in her life.

 $In \, line \, with \, her \, commitment \, to \, do nate$ R5 million over five years to the cause, de Báez hosted a tea party at Joburg's prestigious Westcliff Hotel in 2013 where she auctioned her personal handbag and other items, raising a total of R82 000.

This year, Carolina will be back in South Africa to support the cause she so passionately champions. "We are painting ourselves pink for all the amazing women who struggle against adversity every day. They and their children are tangible proof of a reality: We don't give up," she said.

CAROLINA HERRERA. the brand

Although the Herrera brand is known for its timeless elegance, Carolina has never shied away from innovation. She was the first designer to introduce padded shoulders in women's wear in the 1980s, saving the silhouette made women's waists appear smaller. This was followed by puffy sleeves, which later became one of the signature looks of the 80s.

She created the Carolina Herrera fragrance for women, a jasmine and tuberose fragrance that was a far cry from the heavy, spicy scents of the 80s. The perfume, of course, was a huge hit. For her, it was a nostalgic process based on her memory of the jasmine bush that grew outside her bedroom window as a child in Caracas, Venezuela. Before she was a renown designer, Carolina used to mix jasmine and tuberose essential oils and wear them as her everyday scent. Her daughter says that to this day, the smell of jasmine conjures up memories of her mother. Jasmine still features in the brand's perfume and jewellery.

One of the brand's defining moments was in 1986, when Carolina created



CAROLINA HERRERA is a fashion empire that has touched women's lives for 30 years.

By Mathahle Stofile

Caroline Kennedy's wedding dress. The dress was soon copied across the United States and the brand gained a loyal following. Powerful women such as Estée Lauder and Jackie Onassis were huge fans. In 2000, Herrera opened her flagship store on New York's Madison

Avenue, and soon added bridalwear and a more affordable range called CH Carolina Herrera.

Today, the brand boasts accessories, fragrances, cosmetics and a jewellery line, Falling Jasmine, created by De Báez in partnership with artist Grillo Demo.

CAROLINA HERRERA. the mother

The early life of Maria Carolina Josefina Pacanins, born in Caracas in 1939, was charmed. Her father, Guillermo Pacanins, was an aviation pioneer who served as governor of Caracas and the country's foreign affairs minister. Her mother, Maria Cristina, was a regular traveller who had her bespoke garments made by the likes of Lanvin and Balenciaga. Carolina attended her first couture show at the age of 13.

Although she had a privileged life, her parents were strict. Maria Cristina believed there was a time and place for everything. Carolina once said in an interview, "I had three sisters, and I grew up in a very organised house, a very disciplined house. There was a right time for having breakfast, a right way of doing everything." She still reveres that discipline and order today.

As a young girl, Carolina liked sewing dresses for her dolls. As she grew older, she became an equestrienne and an avid reader. In an interview with Town and Country in 1997, she said, "Having an inner life was very important to my mother. She told her four daughters, 'Beauty is the first thing to go. If you don't have anything inside you, you are going to be so lonely."

When she was 18, Carolina married Guillermo Tello. The couple had two daughters. Just less than a decade later. when Carolina divorced Tello, she and her daughters moved back into her parents' home. During this time, she got a job as a publicist for Italian designer Emilio Pucci. She also became reacquainted with someone she knew from her childhood. Reinaldo Herrera, whom she married in 1968. Soon after they got married, the couple embarked on a jet-set lifestyle, socialising with royals and the coolest artists of the time, such as Andy Warhol. He painted her portrait, which hangs in her Manhattan office.

It was around this time that Carolina started appearing on international bestdressed lists. In 1980, she moved her whole family (by then she had two more daughters) to New York City. It was there that her friend and fashion publicist Count Rudi Crespi, and fashion icon and former magazine editor Diana Vreeland, encouraged her to start her own fashion

line. Her mother and husband were skeptical. After all, what did she know about business? Carolina borrowed a friend's Park Avenue flat and invited some friends to come and see 20 dresses made by her dressmaker in Caracas. She was almost 40 at the time.

When retailers immediately wanted to place orders, she realised she needed to register a company and start trading. In 1981, she showed her first full runway collection. Now, 35 years later, her brand is known around the world, and is as successful as ever.

CAROLINA HERRERA, the daughter

"I have learnt to believe in my first instinct and to not believe everything that is said of me." This sums up Carolina Herrera de Báez's humble nature and success as the creative director of Carolina Herrera fragrances. Married to a former bullfighter and living in Madrid with their three children, Carolina, the third of four daughters, has never bought into the hype that comes with being the daughter of a mogul.

De Báez joined the Carolina Herrera brand as a young intern. Her mother, the

founder of the company, wanted to create a perfume that would appeal to younger consumers, so she enlisted the services of her filmmaker daughter.

"It's not because we have the same name or I was the 'chosen' one. I just happened to be at home at the time," says de Báez. She took up the internship thinking it would be a great summer job.

She admits she knew nothing about creating fragrances, so she opened herself up to learning as much as possible from the team she worked with.

The result of the project was 212. named after the postcode for New York. It not only captured the spirit of youth but also that of New York City. To date, there have been numerous variations for both men and women, with the common thread being "youthful and sexy".

Almost 20 years later, de Báez is still working on fragrances and jewellery for the Carolina Herrera brand. Her latest creation is Confidential, a collection of six perfumes and four essential oils that are designed to be mixed and matched. Not to be outdone, her mother has designed six unique dresses inspired by Confidential. "The fashion and the fragrance, it's all connected," she says.





TRUE LOVE is giving away 13 THIERRY MUGLER ALIEN hampers worth R3 905 each. ENTER NOW to stand a chance to WIN.

The original Thierry Mugler Alien fragrance celebrates its 10th birthday this year! Alien embodies the power of a solar goddess who radiates positive energy, fascinating and captivating those around her.

- ► Alien Eau de Parfum is an amber-woody-floral creation, born of the overdose of two powerful notes amber and cashmeran wood and illuminated by the solar flower, jasmine sambac.
- ► Alien Eau Extraordinaire, an Eau de Toilette, has the iconic Alien base notes but carries the added soft freshness of bergamot and tiare flower. Alien Eau Extraordinaire is softer, sun-kissed and projects a positive, beaming aura.

Thierry Mugler Alien is a perfume that stirs strong emotions and creates a true olfactory addiction.

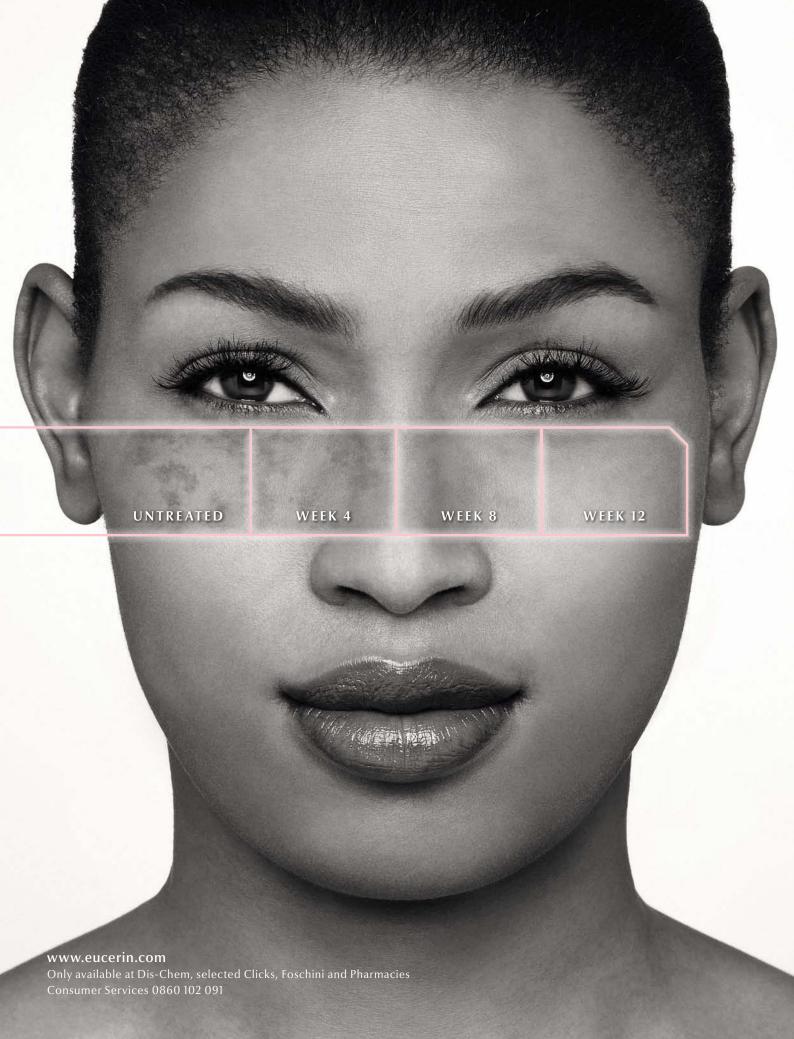
THE HAMPER CONSIST OF:

- ► Alien EDP 60ml Refillable R1 050.
- ► Alien EDP 90ml Eco Refill Bottle R995.
- ► *Alien Eau Extraordinaire EDT* 90ml Refillable R1 025.
- ► Alien Eau Extraordinaire EDT 90ml Eco Refill Bottle R835.



TO ENTER: SMS THE WORDS "TL THIERRY MUGLER", YOUR NAME, SURNAME, RESIDENTIAL AND EMAIL ADDRESSES TO 35437. **STANDARD AND PREMIUM RATES APPLY. FREE SMSes DO NOT APPLY.** COMPETITION CLOSES AT MIDNIGHT ON 26 OCTOBER 2015. SEE THE TERMS AND CONDITIONS PAGE FOR MORE INFORMATION.







Clinically proven to reduce dark marks for EVEN and BRIGHTER skin



Conventional formulas treat dark spots, dark patches and age spots only superficially.

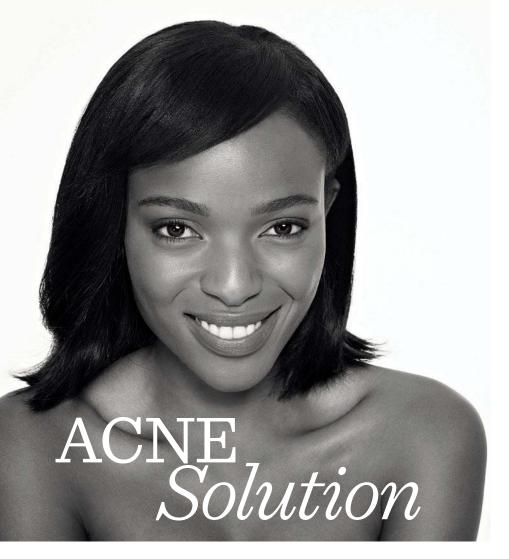
NEW EUCERIN® EVEN BRIGHTER works deeper within your skin to reduce dark marks at the source.

With highly effective B-Resorcinol, this new generation of EUCERIN® skin brighteners achieve a visibly more even and brighter skin tone within 4 weeks – and continuously improves over time. HIGHLY EFFECTIVE and CLINICALLY PROVEN.

RECOMMENDED BY DERMATOLOGISTS



MEDICAL SKIN SCIENCE THAT SHOWS



UNDERSTANDING WHAT HAPPENS beneath your SKIN'S SURFACE AND CARING FOR IT CORRECTLY can FIX many skin problems. This month a TRUE LOVE reader is advised how to manage and treat ACNE and BLEMISHES.

Eucerin Eucerin Eucerin **Eucerin** mo PURIFYER Eucerin Eucerin Dermo PURIFYER Dermo PURIFYER TONER

EUCERIN DERMOPURIFYER

Eucerin® DermoPURIFYER range is proven to combat all four key factors that cause acne with visible, clinically proven results after four to twelve weeks*.

Eucerin® DermoPURIFYER is a comprehensive range formulated to fight against skin blemishes in four different ways, proven to effectively improve blemished skin and mild to moderate acne without drying out the skin.

- 1. Regulates oil (sebum) thanks to the key ingredient, L-Carnitine
- 2. Unblocks pores and breaks down pimples thanks to Lactic Acid. Unlike salicylic acid and benzoyl peroxide, Lactic Acid does not dry out the skin.
- 3. Fights acne bacteria with antibacterial action of Decandiol.
- 4. Reduces inflammation and irritation thanks to Lichochalcone A which soothes and calms the skin.

HOW TO USE

Use Eucerin®'s DermoPURIFYER as a daily skin care regime. Cleanse skin thoroughly, tone and follow with the Day Care. The Active Night Care should be used to treat skin overnight, while the Active Concentrate can be applied to the spots to fight blemishes.

Some acne medication can have side effects such as dry skin or sensitivity to light. These symptoms can be improved by using Eucerin® DermoPURIFYER Adjunctive Hydrating Care SPF 30.





SPF 50+ (R179,99) is a light formula with sebumcontrolling L-Carnitine, ideal for oily and acneprone skin. It comes with clinically proven effectiveness and skin tolerance.

Facial Scrub R119,99 for 100ml. Cleanser R119,99 for 200ml. Toner R119,99 for 200ml.

Adjunctive Hydrating Care SPF 30 R159,99 for 50ml. Hydrating Care R159,99 for 50ml, Sun Oil Control Dry Touch SPF 50. Active Night Care R159,99 for 50ml. Active Concentrate R159,99 for 30ml

PROF NCOZA DLOVA, HEAD OF DEPARTMENT AND CHIEF SPECIALIST OF THE DERMATOLOGY DEPARTMENT OF UNIVERSITY OF KWAZULU-NATAL ADVISES ON HOW TO MANAGE AND TREAT ACNE.

Acne is a common problem, particularly amongst women. It's an emotionally distressing and persistent problem, especially when pimples result in postinflammatory hyperpigmentation (PIH) - seen as dark spots/marks and longterm scarring. This is more so in people with dark or very dark skin, due to the high levels of pigment (melanin).

THE MAIN CAUSES OF ACNE

Acne is a skin condition that occurs when your hair follicles are plugged with oil and dead skin cells. It usually appears on your face, neck, chest, back and shoulders. Oily, shiny skin creates an ideal environment for acne bacteria to multiply and cause irritation and inflammation.

Genetics also plays a role, so if one or both of your parents had acne, you are more likely to have it. Hormonal changes and certain medication like steroid creams and tablets can also trigger acne.

ACNE-PRONE SKIN IS ATTRIBUTED TO ONE OR ALL OF FOUR KEY **FACTORS:**

- 1. Too much oil
- 2. Clogged hair follicles
- 3. Bacteria build up
- 4. Inflammation

STEPS TO TREAT ACNE

Treatment will depend on whether your condition is mild, moderate or severe. A good skincare regime and healthy skincare habits with the



Reader **Lettie Moloto** asks: "I have oily skin and pimples all over. I have used many different products and they've damaged my skin further. The pimples leave dark marks. What can I do to treat this?"

products, for which you don't need a prescription, which are sold at pharmacies. These cleanse, clear and care for skin that is prone to very mild acne, by addressing one or more of the four factors attributed to acne.

MODERATE TO SEVERE ACNE

If your acne is moderate to severe, visit a dermatologist who will prescribe the appropriate medication depending on the severity of the symptoms. These are often specific acne treatment creams combined with antibiotics or oral contraceptives for women. For severe acne, isotretinoin (a type of vitamin A) may be prescribed. Not every type of acne treatment works the same for every person. Get treatment started early to lower the risk of scarring, pigmentation and emotional stress.

PERSEVERANCE IS KEY

There is unfortunately no quick fix for acne. It can take up to 16 weeks to clear, or even as long as 5 months. The symptoms may get worse before they get better, so it's important to persevere

NEVER BUY CREAMS FROM STREET VENDORS TO TREAT ACNE OR MARKS. IT'S ALWAYS BEST TO SEEK ADVICE FROM YOUR DERMATOLOGIST.

right products are key as some oily cosmetics can aggravate and trigger blackheads and acne. Acne related dark spots or PIH (see picture) are worsened by sun exposure so avoid it and wear a broadspectrum sunscreen (UVA and UVB) with SPF 30 or more daily. Don't squeeze pimples as it can lead to scarring - use your prescribed medication and let them heal naturally.

MILD ACNE

There are specialised acne skincare

and maintain your routines, even if there is no immediate improvement. Acne creams tend to dry and irritate the skin, so use them on alternate days if you experience any irritation, until the skin gets used to the products. Do not use steroid creams or unlabeled creams recommended by friends or family.

Never buy creams from street vendors to treat acne or marks. It's always best to seek advice from your dermatologist.

WRITE IN AND WIN: SEND US YOUR SKIN CONCERN AND STAND A CHANCE TO WIN EUCERIN PRODUCTS VALUED AT R1 090, INCLUDING THE FULL EUCERIN DERMOPURIFYER RANGE. THIS MONTH'S WINNER IS LETTIE MOLOTO. TO FIND THE SKIN TREATMENT THAT'S BEST FOR YOU, USE EUCERIN®'S DIAGNOSTIC TOOL: WWW.EUCERIN.CO.ZA OR FOR MORE INFORMATION, GO TO MOBI M.EUCERIN.CO.ZA



GET THE BEST CAR INSURANCE QUOTE

It's EASY TO SWITCH insurance companies. Simply go to *Hippo.co.za* to find the POLICY that SUITS YOUR POCKET.

Did you know that one in two people could save hundreds of Rands per month* on their **car insurance** alone by using *Hippo.co.za* to compare before they buy or switch to a new provider?

Established in 2007, *Hippo.co.za* is a website that compares the prices and benefits from a wide range of South African insurance and financial providers in order to aid you to find the best deal. The online comparison website is a free, no hassle and no obligation tool that allows you to instantly compare financial products, such as **car**, **household**, **buildings** and **life insurance**, as well as **medical aid** and other products.

Hippo.co.za instantly retrieves the latest prices directly from South African insurers and provides up to 17 car insurance quotes for you to compare prices and benefits side by side. If you want to take out a policy or to find out more about it, simply select your preferred provider by clicking "I'm Interested" and the provider will be in contact with you during working hours to

assist you to activate your new cover or answer your questions. The *Hippo.co.za* site also provides a comparison service for other popular products, such as **travel insurance**, **flights**, **car rental**, **medical aid**, **tyre** and **rim cover** and **personal loans**. **TO GET QUOTES**, **SMS HIPPO TO 48093 OR VISIT HIPPO.CO.ZA**.



compare. buy, save.

*Savings based on 2015 research conducted by Kaufman Levin & Associates. Risk profile dependent. Ts and Cs apply. Hippo Comparative Services (Pty) Ltd is an authorised financial services provider. FSP Nr: 16354.



THE ALL-NEW NISSAN QASHQAI. THE ULTIMATE URBAN EXPERIENCE.

Bold, athletic, proudly provocative, and that's all from just a glimpse. Look even closer and you'll find that the all-new Nissan Qashqai offers more than just head-turning looks. It's brimming with exciting technology too. Such as Around View Monitor, Nissan Chassis Control and Nissan Connect, all seamlessly working together to ensure the ultimate driving experience. That's what driving should feel like.

Dynamic Design | Innovative Technology | Inspired Performance



MISSING SIYATHEMBA KWATNTI (15)

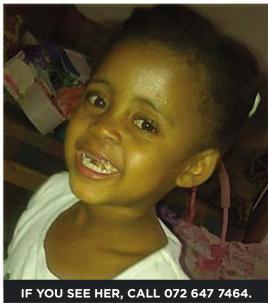
IF YOU SEE HER, CALL 072 647 7464.

TO VIEW AND SHARE MISSING CHILDREN PROFILES, FOLLOW CARTRACK ON FACEBOOK



MISSING





TO VIEW AND SHARE MISSING CHILDREN PROFILES, FOLLOW CARTRACK ON FACEBOOK



MISSING

MARCHELLINA SWARTS (14)

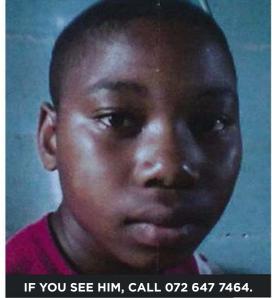


TO VIEW AND SHARE MISSING CHILDREN PROFILES, FOLLOW CARTRACK ON FACEBOOK



MISSING

CLARENCE CUPIDO (14)



TO VIEW AND SHARE MISSING CHILDREN PROFILES, FOLLOW CARTRACK ON FACEBOOK $\label{eq:profile} % \begin{subarray}{ll} \hline \end{subarray} % \begin{subarray}{ll} \hline \end{s$



TOGETHER WE CAN FIND THEM

More people recovering what's important to you.

We're dedicated to recovering what's more important to you, so we've established a long-term partnership with Missing Children South Africa. To help us help them, simply cut along the dotted line and stick this poster up somewhere highly visible.

The more we share, the better the chance of finding missing children, so follow Cartrack on Facebook and share more missing children profiles. For more information, visit www.cartrack.co.za/missing-found





HELP BRING A MISSING CHILD BACK HOME

the fight to reunite our country's missing children with their loved ones.

In a country where a child goes missing every five hours, we each have a responsibility to do our bit to protect the little ones who rely on us most. Thanks to the power of social media, information about missing children no longer appears on milk cartons. Cartrack is devoted to looking after what's most important to you, so they have teamed up with Missing Children SA, to help recover your precious ones.

Now you can do your bit too. Follow Cartrack on Facebook and share their posts. The more you share the updates of the missing children, the better the chances of finding them. Through creating this network, Cartrack is calling on social media users to help reunite missing children with their families.

Your small contribution made with every Cartrack unit fitted, will assist Missing Children SA in providing this essential service to our country.

To find out how you can get involved, check out www.cartrack.co.za/missing-found.

Fit a Cartrack unit today and enjoy the peace of mind that comes with knowing you and your family are safe and in good hands, should something go wrong.



in association with



Y @CARTRACK_TWEET



BODY NEWS Your HEALTH and FITNESS lifestyle update.

By Percy Matshoba

LOSE BABY FAT CIARA'S WAY

If you want to lose weight, take notes from R&B princess Ciara. While she was pregnant with her son, Future Jr, she gained about 27kg. So the *I Bet* songstress started doing hour-long cardio circuit sessions, which include elements of boxing. The star told *Shape* magazine, "You're getting three-in-one training. It's hitting your muscles, it's a cardiovascular workout, and it's mental exercise. After I've done a few rounds, I feel as if I can conquer the world." It's time to get moving.

Seasonal changes can cause breakouts and dehydration? Luckily there are foods that help to clear up acne and give you a radiant glow. Carrots remove toxins from the body by providing vitamin A, which is essential for healthy skin. Enjoy them in salads, juices or dips. Pumpkin is another skin saver. It's rich in carotenoids, a plant pigment that helps reduce the appearance of wrinkles, and vitamin E, which helps to keep skin moist.

DID YOU KNOW?



MAGES Gallo Images/Getty Images; Dreamstime; Supplied

ON THE RUN

Slip on a pair of Nike Air Zoom Elite 8s and all you'll want to do is run. The shoes are low and light – perfect for women with a need for speed. These bright and comfy trainers are designed to allow air to circulate around your feet so you won't overheat now that summer is here. *Order a pair from Nike.com for R1 460*.





Clere Radiance Even Tone Moisturiser

contains a unique, 3 • in • 1 formulation enriched with Super Fruit Serum, Vitamin B3 and Vitamin E - all my skin needs to stay beautifully soft, instantly smooth and radiant. It also contains SPF 15 to protect my skin from the sun, while it evens out my skin tone, and micro-sponges to absorb oil for a stunning matte look.

- Vanessa Marawa



you're beautiful







MISSION POSSIBLE

CONSTANCE NENGOVHELA, 30, lost 20kg by following the right eating plan for her blood type.

By Percy Matshoba

I have always been petite. I weighed 53kg and fitted into very small clothes. Throughout varsity I wore a size 26. After the birth of my daughter, who is now eight years old, I lost the pregnancy weight rapidly.

But I was so focused on my daughter that I lost track of the kilos, and with each year that passed I gained 2kg. After I gave birth to my son, I weighed 85kg. I was shocked; I had never been so big.

When my third child was conceived, I was 88kg. I was officially a plus-size woman. I would skip breakfast. For lunch I ate leftovers – pap or rice with lamb, beef or chicken – and I would have the same for dinner. One day my brother commented on my weight, and his words hit home. I realised that I weighed more than a large bag of mielie meal that we had to carry home in a wheelbarrow when I was kid.

But it still took 15 months for me to get off the couch and start my journey. In August last year, one of my colleagues was preparing for her wedding and started a weight-loss challenge. I signed up. I needed to win it, even though it seemed impossible. My pride wouldn't let me come second.

DIET AND EXERCISE JOURNEY

I signed up at my local gym. The first week was the worst. The pain was beyond what I could imagine, but I knew that I was done with being overweight.

After a month I was addicted to my exercise routine. Within six weeks I was jogging 7km every morning. I went to the gym every day to do aerobics. I took up spinning and started lifting weights. The weight melted away.

One day I came across an article online that advised eating according to your blood group. Because I am O Positive, I am not supposed to eat any carbs. I needed to start a high-protein diet. I spent hours researching which foods are suitable for my blood group.

These days, I have a healthy breakfast with oats and tea. For lunch I eat a piece of grilled chicken and veggies. Dinner is also chicken or beef with vegetables or a salad.

By December, when I had dropped 12kg and 12cm around my waist, I was very happy with my progress. I started to encourage other women to lose weight.

STAYING ON TRACK

To date, I have lost 20kg and now wear a size 30 or 32. I still have 10kg to lose and am going strong. I don't want to go back to my old habits. Losing weight doesn't happen overnight – you have to change your entire lifestyle. ■

 $Share your inspirational weight-loss story and pictures with us. Email \ letters @truelove.co.za$

"With Herbex, I lost 45 kg! 557





"Now that I took the step forward to looking this good, I love showing off my body. I love going out now! My daughter's friends at school always compliment me and are in disbelief that I am her mother, which I enjoy." Vuli5wa



+27 83 425 1868



@herbex1



@herbexhealth

Purchase Herbex products to the value of R200 or more in one transaction. Make a FREE missed call to 076 677 9762 www.HerbexCash.mobi



COMPETITION: 18 AUGUST - 1 NOVEMBER 2015 HERBEXCASH.MOBI • HERBEXHEALTH.COM



HAPPIER BE HEALTHIER

How HAPPY you are can influence your HEALTH and WELLBEING, so stop being glum and make a POSITIVE CHANGE for a satisfying, wholesome life.

By Jane Alexander

If you think your health depends purely on physiological matters, think again. Your emotions play a vital role too. Traditional systems of medicine have recognised for thousands of years that our emotional state can affect our health for good or ill, although western scientists have dismissed such notions – until now.

"Positive moods, optimism and good mental health are underrated as a helpful factor in health," says Dr Karl Goodkin, associate professor of psychiatry, neurology and psychology at the University of Miami School of Medicine. By the same token, it seems negative emotions can cause rather severe damage.

The technical definition of emotion is a "psychophysiological response system" – a rather pompous way of saying that we feel something subjectively while our bodies react in specific ways (such as warmth in the upper chest and face when we feel shame, or a faster heartbeat when we are frightened). Psychologists say there are six "universal" emotions – four negative (anger, fear, disgust and sadness), one positive (joy), and one neutral (surprise).

Sometimes our emotional triggers are obvious – someone dies, we feel grief; someone shouts at us, we feel angry. But strange things can affect our emotions as well. For instance, experiments show that squeezing a ball in your right hand produces more positive feelings than squeezing it in the left. This is because the left hemisphere of the brain controls positive emotions, while the right has a greater role in negative emotions.

Even your physical state can shift your emotions. If you are very tired, the brain might assume you are depressed and start pumping out low-mood chemicals.

NEGATIVE ENERGY

Stress. Chronic stress has been proven to increase blood pressure, heart rate and respiratory rate, which all weaken the immune system. Neurons in the hippocampus can also shrink, affecting memory. Emotional stress is far more damaging than physical stress – even remembering stressful incidents can make your blood pressure rise.

Depression. With hypertension, high cholesterol and diabetes, depression is a strong risk factor for heart disease. New research suggests this is because it increases the levels of a key protein (TNF-alpha) that causes inflammation, making it more difficult for the heart to pump blood. It also affects the amount of stress hormones in the body, making blood vessels more prone to forming plaque.

Anger. Repeated bouts of anger increase heart rate and raise blood pressure, which can over time lead to coronary constriction. The body also retains excess sodium and fluids, and levels of the stress hormone cortisol rise, which suppresses the immune system. In one study, people who felt angry for five minutes found their immune response slowed for up to six hours, leaving them more susceptible to colds and flu.

Grief. Although it's healthier to express sorrow than to suppress it, people who mourn severely are more susceptible to insomnia and hallucinations. They are also up to seven times more prone to developing cancer and heart problems. People suffering grief report a whole raft of health problems, from gastrointestinal complaints to muscular pains. Even going through a rough patch with a partner can trigger a cold or bout of flu, as your immune function takes a dive.

Fear. A tiny bunch of cells known as the "locus coeruleus" in the stem of the brain can trigger fear. The locus coeruleus produces the stress hormone noradrenaline, which in turn produces a state of hyperalertness. Unfortunately, fear can linger – people involved in serious trauma show high levels of brain arousal as long as five years after the incident.

"EVEN A CYNICAL ATTITUDE TO LIFE CAN INCREASE YOUR RISK OF HEART DISEASE BY 40% TO 60%."

Researchers also found that suppressing fear (alongside other emotions such as humiliation, rage and grief) can have adverse effects. Our negative emotions are primitive, formed early on in the evolution of our brains. Joy, on the other hand, is a luxury, and registers in an area of the brain that evolved much later.

An overload of negative emotions can flood the body with an excess of stress hormones that constrict blood vessels, raise blood pressure, suppress the immune system, and leave us vulnerable to disease. Even a cynical attitude to life can increase your risk of heart disease by 40% to 60%.

Fear, depression and anger can even affect your diet. Psychotherapists find that fearful or depressed people find it almost impossible to lose weight, whereas angry people are more likely to be yo-yo dieters.

GOOD VIBRATIONS

Happiness influences our heart rhythms, making our heartbeat optimal and sending out biochemical triggers that beneficially affect every organ in the body. All positive emotions reduce the production of the stress hormone cortisol. Some researchers even believe happiness can play a greater role in increasing our health and longevity than physical factors, such as age, blood pressure, cholesterol or smoking.

Researchers at the Consortium for Public Health in California found that people who were hopeful were twice less prone to heart attacks as those who tended to think negatively. A further study at the University of Miami School of Medicine found that women who were hopeful and optimistic were twice less likely to have precancerous growths in the cervix than those who often felt hopeless.

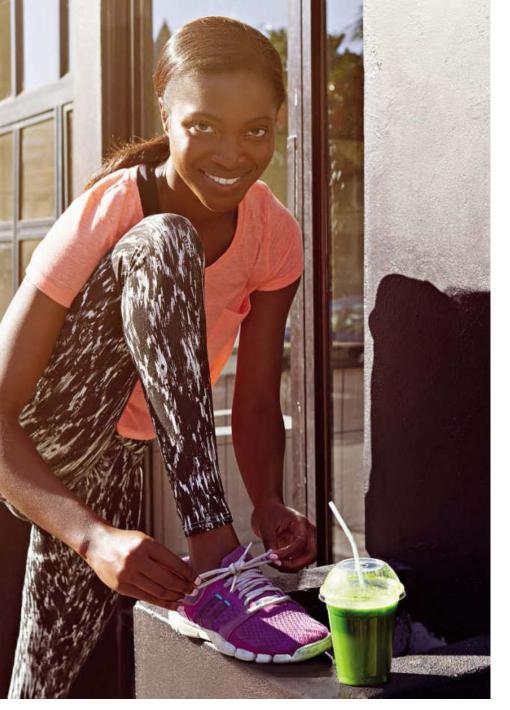
And new research has shown that when someone trusts us, our levels of the hormone oxytocin rise. Oxytocin helps to calm the brain's fear hub, the amygdala, making us less anxious and less prone to social phobias and, possibly, schizophrenia.

So what can you do to avoid negative feelings? The answer is simple: love. Married women who are under extreme stress and reach out and hold their husbands' hands feel immediate relief. ■



FEEL HAPPIER AND HEALTHIER

- 1. Laugh, smile and giggle. Laughter is linked to healthy blood vessels it helps the inner lining of blood vessels to dilate and so increases blood flow.
- 2. Meditate for five minutes, twice a day. It's been proved to help cure depression, soothe anger and alleviate your stress hormones.
- 3. Get plenty of quality sleep.
- 4. Take a vitamin B complex to help keep stress levels low and your mood positive.
- 5. Try the good-mood herbs such as St John's wort and magnolia. Remember to read the instructions on the leaflets before using these products.
- 6. Write down your feelings. Psychologists say writing can dispel negative thoughts.
- 7. Take up gardening or sit in a garden. Even houseplants have been found to make people feel calmer and more optimistic.
- **8.** Listen to cheerful music. Your ability to solve problems increases when you are happy, so listen to uplifting music while you work.
- 9. Bodywork can release repressed emotions. Go for a massage.



Every year without fail, the festive season pops up on the calendar before we've had a chance even to consider a strategy to get a killer body. In the blink of an eye, the three months between winter and summer are gone, and you're freaking out that your body is not ready. Sound familiar? This three-day slim-down plan is the answer.

This detox plan is a juice-only diet, and for those who have never done a juice fast, it can be rather scary. But the potential benefits are huge. It's easy to follow – there's no counting calories or points. Also, by staying away from the stove, toaster and microwave entirely for three days, you may be less tempted to pop in a ready-made Woollies meal. Plus – and this is the real point – a juice fast can deliver fast and impressive results.

Although some people lose weight faster than others, the average person can expect to lose at least between lkg and 2kg over the three days of this plan. Your progress will depend upon how much you have to lose, how much weight you are carrying in water, and how strictly you stick to the plan.

It's worth taking your measurements as well as weighing yourself at the beginning and end of the three days. You may be surprised at what a difference it makes, especially around that tricky muffin top area, thanks to the debloating effect of the juice fast.

HOW DOES IT WORK?

This plan is designed to help you get in party-ready shape by addressing a few areas. *It creates a calorie deficit*

The simplest way to lose weight is to eat fewer calories than you're burning. There's no denying that this is a low-calorie plan, which is why no one should stay on it for

more than three days.

THE BIG SQUEEZE

Want to SLIM DOWN QUICKLY? The THREE-DAY JUICE PLAN is the latest, fastest way to beat the bloat.

By Lowri Turner

It boosts detoxification

The liver is your principle organ of detoxification, but when it's not working properly, the resulting hormone imbalances can cause you to gain weight. By removing toxins such as additives, alcohol and caffeine from your diet for a short period, you boost your liver function, which balances hormones and encourages weight loss.

It improves digestion

Sometimes, that puffy tummy is the result of bloating from poor digestion and constipation. This plan is designed to get your bowels moving so you feel light and energetic inside, and actually want to work out.

It reduces water retention

Some of the excess weight you may be carrying could be water. A diet high in processed foods and takeaways can contain too much salt, which may lead to water retention. This plan is high in diuretic foods such as fruit and veggies, which cause you to lose excess water and look and feel slimmer - fast.

THE PREP

Before you start, set yourself up for success. Reduce caffeine gradually

This plan gives your body a short, sharp shock - but be realistic. If you normally down five cups of coffee a day, use the week before you do the detox to step down your latte intake gradually. This is so you avoid a headache from caffeine withdrawal. Do the same if you drink a lot of tea or cola (both are caffeinated, although less than coffee).

Choose a quiet time

The best time to do the juice detox is when you are not dashing about from place to place, staying with friends or family, or working in an office. You may feel tired initially, so choose a relaxing long weekend.

Invest in a juicer

You will need a juicer. A liquidiser or food processor will not do.

Don't have a last hurrah

It might be tempting to indulge in everything you're not allowed on the plan a few days before you start. Don't. You need determination and optimism to succeed on a detox, and starting off with a hangover will dramatically reduce your chances of success.

THE PLAN

You may find you like some juices more than others, but don't be tempted to substitute. They're all designed to provide you with a range of nutrients from both fruit and vegetables. While a fruit smoothie might

be sweet and easy to drink, too much sugar from the fruit will cause energy surges and dips, which could lead to cravings and affect your weight loss. The juices on this plan have been created to keep your blood sugar stable, reduce cravings and boost detoxification.

DAY 1

On rising: Glass of hot water with a slice of lemon.

Breakfast: Supergreens smoothie (2 broccoli spears, small bunch watercress, small bunch parsley, 1/2 celery stick, ¼ pineapple, peeled. Put all ingredients through a juicer).

Mid-morning: Apple, carrot and ginger juice (1 carrot, 1 large apple, 5mm piece ginger, peeled. Put all ingredients through a juicer and serve immediately). Lunch: Virgin Mary (3 tomatoes, 1 celery stick, 1/4 red pepper, pith and seeds removed, dash of Tabasco sauce. Put all ingredients through a juicer, except the Tabasco. Spice to taste). **Mid-afternoon:** Cucumber and mint

refresher (1/2 cucumber, 1/2 apple, 1/2 pear, 2 sprigs fresh mint. Put all ingredients through a juicer).

Dinner: Purple power juice (1 carrot, ½ apple, ¼ orange, peeled, ¼ small beetroot, 1 celery stick. Put all ingredients through a juicer).

Before bed: Glass of hot water with a slice of lemon.

DAY 2

On rising: Glass of hot water with a slice of lemon.

Breakfast: Supergreens smoothie. **Mid-morning:** Cucumber and mint refresher.

Lunch: Purple power juice. **Mid-afternoon:** Carrot, apple and ginger juice.

Dinner: Virgin Mary with a kick. Before bed: Glass of hot water with a slice of lemon.

DAY 3

On rising: Glass of hot water with a slice of lemon.

Breakfast: Supergreens smoothie. **Mid-morning:** Virgin Mary with a kick. **Lunch:** Cucumber and mint refresher. *Mid-afternoon:* Purple power juice. **Dinner:** Carrot, apple and ginger juice. Before bed: Glass of hot water with a slice of lemon.

SIX QUICK TIPS

- 1. Have a sauna or steam, or try skin brushing. All three will boost the detoxification process. Not only will better detoxification speed up weight loss, boosting your body's detox mechanism should ease any side effects, such as headaches.
- 2. Drink lots of water. Not only will it keep you feeling full, it will flush out more toxins.
- 3. If you're desperate for a hot drink, you may have herbal tea with lemon (but not milk, sugar or honey) between juices.
- 4. Relax. Try yoga or meditation. Reducing stress will help you stick to the plan and make you feel great.
- 5. Don't keep jumping on the scale. If things are going well, you might be tempted to cheat; if not, you may throw in the towel. Weigh and measure yourself only at the beginning and end of the detox.
- **6.** Take a fish oil supplement. The essential fats in fish oil are anti-inflammatory and will improve the function of all your cells, including those in the liver. They'll also lift your mood.

AFTER THE DETOX

To get the best effect from your detox, reintroduce solid foods gradually to give your digestion a chance to readjust. Start with easy-to-digest foods such as whole fruits and vegetables, vegetable soups, salads, nuts, seeds and avocado.

Next, add small servings of wholegrains (one cup a day of brown rice, beans or lentils, or a slice of wholewheat bread or small jacket potato). Watch how it affects your body and how you feel. You may find that bread or pasta give you a bloated tummy, in which case you might want to give them a miss - at least until the party season is over.

Lastly, reintroduce meat, fish, eggs and dairy. These are the most difficult foods to digest, which is why it's best to leave them till the end. Then you can decide to say hello to alcohol and caffeine again.

But, remember with alcohol in particular, your tolerance will have dropped, so proceed with caution or the office party might be memorable for all the wrong reasons! ■

NOTE: A juice detox isn't for you if you're pregnant, thinking of becoming pregnant or breast feeding. If you are underweight or suffer from an eating disorder, a gentler plan would probably be better. If you take medication, consult your doctor.



BOOSTYOUR WORKOUT

GOING BACK TO THE BASICS may be just what you need to make your workouts as efficient as possible this spring.

By Amanda Khouv

When you first started working out, you were probably up to your eyeballs in exercise rules: engage your core, don't strain your neck, don't let your knees go past your toes...

Exercise newbies tend to make the extra effort to stay on the straight and narrow when it comes to following these guidelines, but those who are well versed in the vocabulary of working out often forget these all-important rules, and sometimes going back to basics is just what you need to make your workouts as efficient as possible. Here are the definitive training rules and why you should never (ever!) forget them.

DON'T LOCK OUT

Keeping your elbows and knees slightly soft, even during full extension, is in your best interests, not only in terms of joint health, but also to make your workouts more effective. "Not locking out when lifting weights will prevent joint deterioration and reduce your chances of joint-related niggles and injuries," explains personal trainer Dave Fletcher. Keeping your joints soft also engages your muscles throughout the entire move, as it doesn't allow them to catch a break at the top of the motion. More work equals better results, right? Right!

Fitness | **TL**

AVOID HEAVY MEALS

You don't need us to tell you not to eat heavy meals too soon before a workout - you'll soon feel it if you do. The reason you might be a little worse for wear when taking on a gruelling session after a big eat is because the blood flow is being directed to the muscles that are working instead of to the digestive system. Something's got to give.

DO SQUATS

Squats are a big deal these days. Although serious lifters have seen the squat as the holy grail of the workout regime for years, they have become increasingly popular in the past decade. But a lot of people struggle to perfect the technique, and as a result miss out on maximum results.

"For most people, squatting with your heels raised will dramatically improve your range of motion," explains Dave. "If you have tight calves, you tend to lean forward during a squat and unnecessarily load the lower back. By raising your heels [on a plank or weight discs, for example], you allow a greater activation of the glutes, quads and hamstrings [bum and thigh muscles, increasing the effectiveness of the move while reducing the risk of strain to the lower back."

POINT YOUR TOES

We're not talking ballerina-style turnouts, but pointing your toes out just slightly while performing resistance exercises gives you the extra stability that could make all the difference. Keeping your toes pointed forwards might seem like the safest option, but, according to Dave, the stance can feel unbalanced and unnatural as the hips tend to rotate outwards slightly.

HAVE A BREAK

The jury is always out on rest days, with different people recommending different things. Should you skip gym if you feel tired, or just power through like a trooper? And how many rest days should you have each week?

Either way, one thing's for sure: you need rest days, especially between strength sessions or sessions that target the same muscles. You're seriously compromising your safety by overdoing it. Even if you feel okay, your muscles will still be recovering and won't be able to perform to the maximum until they've been rebuilt.

PERFECT YOUR POSTURE

It's not as simple as standing up straight when performing your exercises, although this is also very important. Having good body alignment can boost your progress by helping your form during your exercises, so working on your postural alignment outside of the gym is crucial. "Make sure you put time in away from your workouts, too, by stretching, foam rolling and stopping yourself from slouching when you sit down," advises Dave.

ENGAGE YOUR CORE

This is probably one of the first rules you learn when you start exercising. Engaging the core almost goes without saying these days. Your core really is at the centre of everything, and ensures your upper and lower body work in synergy, taking the strain off the lower back and enabling you to lift heavier weights. And you know what that means? Better results in a shorter time.

REFUEL AFTER YOUR WORKOUT

Eating healthily in general is important, but for those who go at it hard in the gym, you need to pay extra attention to mealtimes, too. You've probably seen those hardcore gym bunnies glugging their protein shakes before they've even left the changing rooms, and here's why: after a workout, muscles are primed to absorb protein, and you want to take advantage of this. We're not saying everyone should be on shakes, but make sure you go for a protein-rich meal such as chicken or fish after you've exercised.

PREPARE AND RECOVER PROPERLY

Let's be honest, we're all guilty of sometimes skipping warmups and cool-downs, even though we know we shouldn't. And although we know stretching after exercise helps to reduce injury and aches, did you know that warming up efficiently before a workout actually makes the workout easier? How? Stretching before a workout, in similar movement patterns to those you're about to perform, means your muscles will be more elastic and the blood will already be flowing. "Stick to dynamic stretches before a workout and static ones after," advises Dave.

STAY HYDRATED

Drinking enough water is important, regardless of how often you exercise – the body is made up mostly of fluid, after all. If you start to feel thirsty, you're already dehydrated. And, although rehydrating is easy enough, taking preventative measures by ensuring you never reach the point of thirst is even better. Even minor dehydration can affect your endurance and blood flow. The rule? The more you sweat, the more you should drink throughout the day, so keep a bottle of water with you at all times.

TIPS FOR A TOP WORKOUT

Keep these helpful hints in mind next time you're at the gym.

- 1. Use the mirror: Working out in front of a mirror doesn't have to be about vanity. It's a useful tool to check your form throughout your set and pick up on things that need to be seen rather than felt.
- 2. Start small: When you are warming up before your session, do dynamic stretches that mimic the motions you'll be doing for real during your workout. Remember to start small, gradually increasing the range of movement.
- 3. Be kind to your muscles: To allow your muscles to work to their full potential, don't overuse them. If your workout consists of moves that target different muscle groups, try not to do two exercises in a row that work the same major muscle group.

If you wonder what to say when PEOPLE PRAISE YOU, read on to find out how to take a COMPLIMENT.

By Ellie Moss

Here's an interesting extract from Brynna Gabrielson's top-rated novel Starkissed: years of self-deprecating behaviour, I've never learned how to properly take a compliment. A part of me wants to argue with him to tell him there's nothing special about me." Well, Gabrielson was right. The way women feel about their bodies isn't entirely dependent on their body mass index, according to a study published in the Journal of Counseling Psychology.

The strongest influence on your perception of your body is actually most likely to be your friends and family, rather than your weight or measurements. But why is it that when our friends' input is positive, we tend to shrug it off, but when it's negative, it sticks to us like glue?

INABILITY TO RECEIVE

According to Kagiso Msimango, a life coach and the author of The Goddess Bootcamp, most people who struggle to accept compliments also have a challenge receiving. She says, "Most of us have this misguided belief that it is better to give than to receive. I say misguided because a giver needs a receiver."

By not being able to receive, we become depleted, says Kagiso, "If you always give while accepting nothing in return, you eventually run on empty, crash and burn. Giving and receiving go together like breathing - you cannot exist entirely on inhaling (receiving); you will expire even quicker if all you do is exhale (giving)."

So how can you change the pattern of not being able to receive compliments?

SAY THANK YOU

How many times have you deflected compliment? UK-based psychotherapist Diana Parkinson says: "Most of us have difficulty accepting any flattery as we are brought up to be self-effacing and self-critical. But it's really important to graciously accept a compliment."

It's an odd state of affairs when we reject something that's intended to make us feel good. "Practise accepting kind words and positive feedback. Listen to the compliment, understand that it is sincere and treat each compliment as a lovely present," says Diana. Accepting and actively embracing compliments will do wonders for your self-esteem.

If you're still having trouble, consider how rejecting a compliment can make the person offering it feel. "If you don't accept it, it's like throwing a gift away - sad and selfish," says Diana. "How lovely that someone is so kind - we should simply enjoy their beautiful words."

Kagiso adds: "If you struggle with receiving compliments, look at it as information and an opportunity to heal a deeper issue. In the meantime, practise whenever you receive a compliment. Say 'thank you'. Do not deflect it. Do not explain it away. Do not contradict it. Take a deep breath and just say 'thank you'. If you need a role model, do as men do - they are usually great at accepting compliments."

Litha, 29, an accountant from Joburg, used to struggle whenever



anyone said kind things about her. "When people complimented me. I thought they were mocking me because of my weight, and couldn't understand why they would even bother. I then began to look at other black women who carried their voluptuousness proudly. The more I looked at magazines targeted at African women the more I realised I was being totally ridiculous. Plus, it also helped when I started seeing a guy who absolutely loved my booty!"

Try to say positive things to yourself and once you start believing good things about yourself, you'll find it easier to accept compliments that come your way.

TIPS TO ACCEPT PRAISE

- ► Say "thank you" before saying "no, it's not nice" or "no, I don't look good".
- On social networks, simply click the "like" button.
- Start becoming comfortable with receiving compliments by practising on a family member or close friend.



FRAZZLED?

Angry and irritable sometimes? Losing that temper a little too often? Racing against the clock, with too few hours in the day? Are deadlines and demands becoming too much? Long queues and traffic starting to get the better of you? Struggling to remember when last you had a really good night's sleep?

If you can identify with this, chances are you're becoming a victim of stress.

Nervuton 2

helps you cope with everyday stress and the resultant sleeplessness caused by our modern, hectic lifestyle.



Tell us how Nervuton 2 has worked for you and stand a chance to WIN a weekend away for 2!

Visit our Facebook page: www.facebook.com/ NaturaSA, like our page and # (#Nervuton2) your story and details.

Visit www.natura.co.za for Ts & Cs

Nervuton 2: Keeping you cool, calm & collected

Hard-working women deserve TIME OFF to NURTURE THEIR SPIRITS.

By Bishop Mosa Sono

It sounds ridiculous, but many women feel guilty for taking a break, even though they so often deserve one. Society expects women to be everything to everyone - to perform well in their various roles, to be strong and successful, and to fulfil their roles with extreme efficiency. But you deserve a break, dear women.

When Jesus visited the house of Mary and Martha, the Bible says in Luke 10: 38-39, King James version: "Now it came to pass, as they went, that he entered into a certain village, and a certain woman named Martha received him into her house. And she had a sister called Mary, who also sat at Jesus's feet, and heard his word."

Martha became offended that her sister was "chilling" at Jesus's side, soaking up the teachings of Christ. When Martha complained, Jesus came to Mary's defense, saying she deserved a break. Like Mary, each one of you also deserves a break to refresh your spirit. You deserve a break to build your inner strength, to be alone and nurture your spirit through prayer and the word.

This is what we call the power of "quiet" time. Isaiah 40: 29-31 says: "He giveth power to the faint, and to them that have no might he increaseth strength. Even the youths shall faint and be weary, and the young men shall utterly fall. But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."

SIX PHASES OF QUIET TIME

- 1. Prav
- 2. Read
- 3. Meditate
- 4. Use your Bible guide
- 5. Write down lessons
- 6. Pray





Memorise a verse and be a doer of the word. Strength to sustain our lives comes from our spirits. There are great examples of women who have achieved so much by taking the time to be quiet. It's in their quiet time where they have learnt to put into practice spiritual principles that emanate from their inner self, and they came out victorious.

Remember Hanna who prayed to conceive a child, and the Syrophoenician woman who had a sick child? Jesus said about Martha that no one could take away from her what she received during her quiet time. I believe the woman portrayed in Proverbs 31 depicts the many tasks women are capable of executing, but nobody can complete all these tasks simultaneously.

When I was growing up, there was a term that was used in reference to hard-working women - sethubaki. This is a southern Sotho expression that translates as "one who demolishes". Figuratively, it means to be a hard worker, like a bulldozer.

It's unfair to expect women to be bulldozers, even though they might be hard workers. It's true that women are put under all sorts of pressures to fulfil all kinds of tasks and responsibilities. At times, we unnecessarily put ourselves under that kind of pressure.

But know this: you deserve a break, dear woman.

BISHOP MOSA SONO IS THE FOUNDER AND SENIOR PASTOR OF GRACE BIBLE CHURCH. FIND HIM ON FACEBOOK OR FOLLOW HIM ON TWITTER @BISHOPMOSASONO

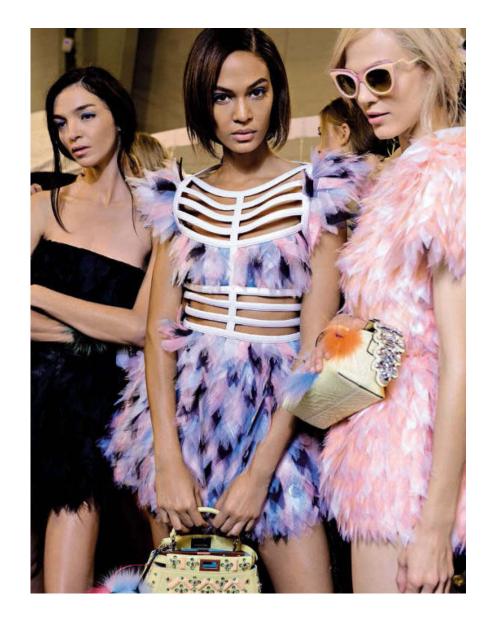






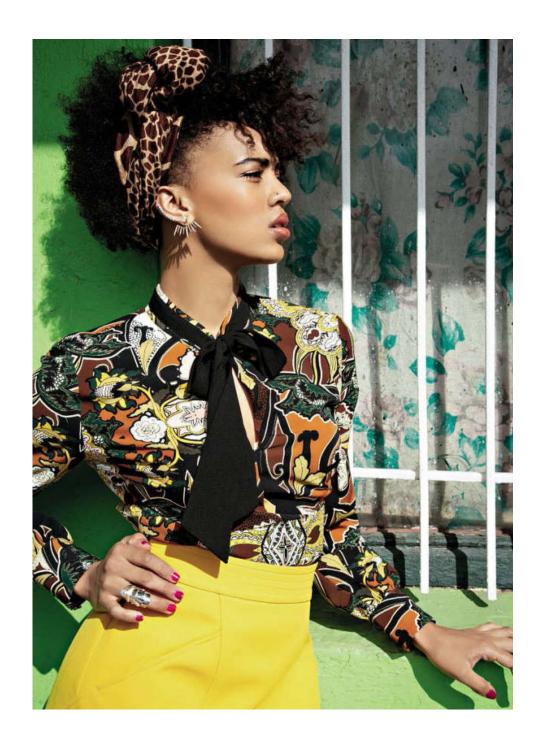


LATEST trends

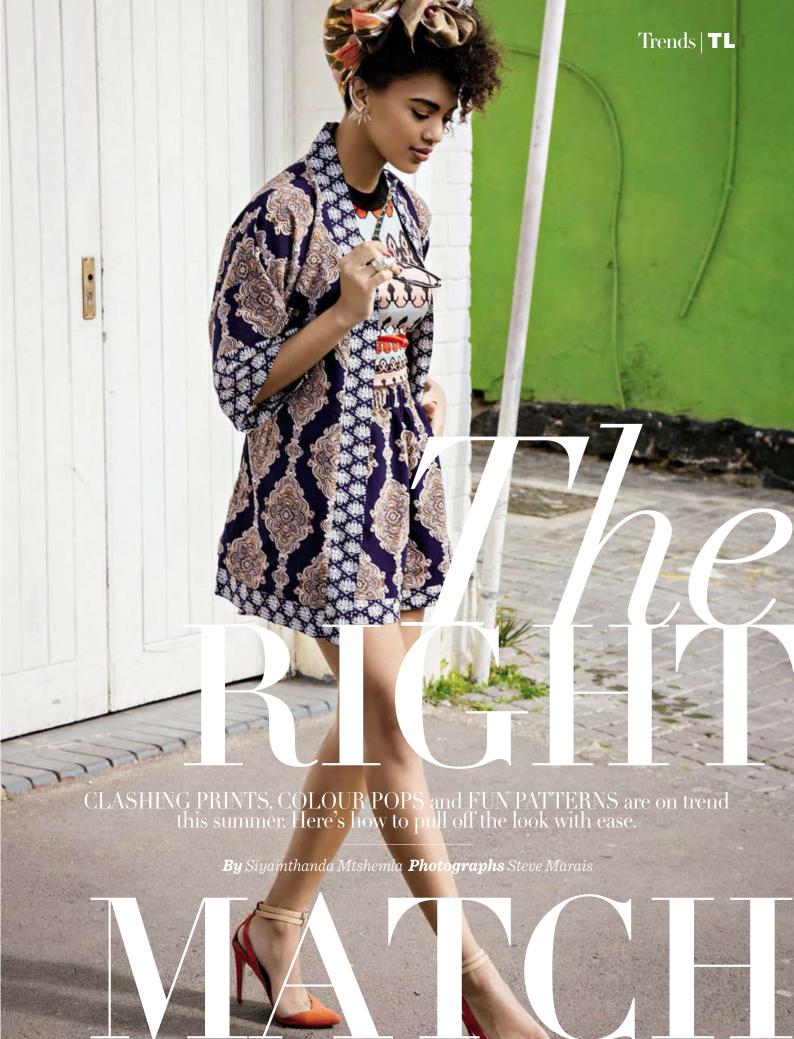


BEST OF FASHION AND BEAUTY

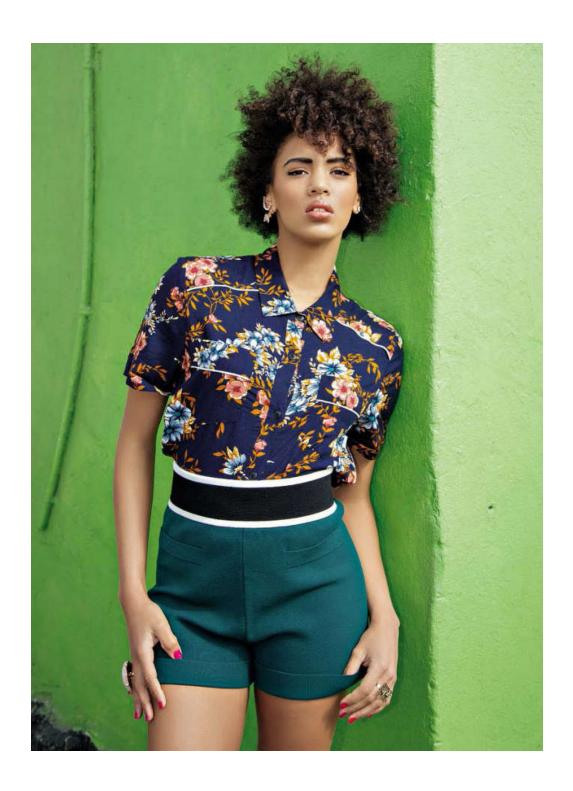
Be the chic girl in the ULTIMATE WHITE SHIRT and glow in METALLIC SWIMWEAR AND ACCESSORIES.

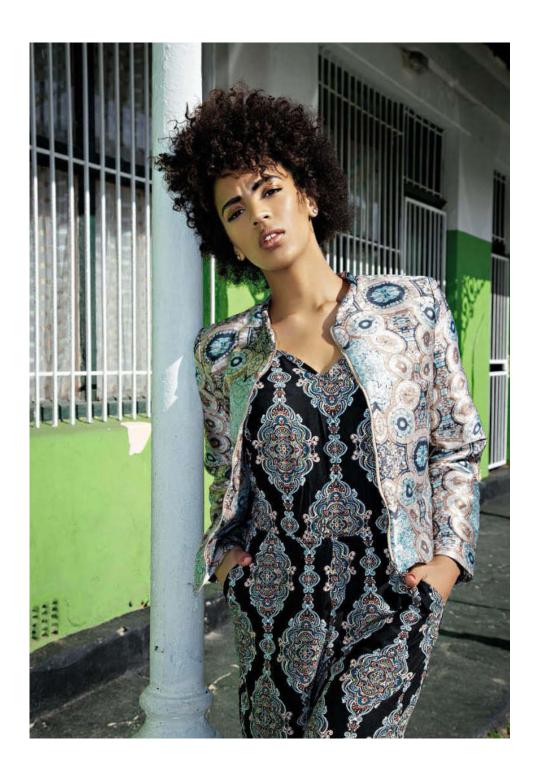


 $\label{eq:above:topr749} \textbf{ABOVE:} \ \texttt{TOP} \ \textbf{R749}, \texttt{RIVER} \ \texttt{ISLAND;} \ \texttt{SKIRT} \ \textbf{R599}, \texttt{H\&M;} \ \texttt{HEADSCARF} \ \textbf{R199}, \texttt{JO} \ \texttt{BORKETT;} \ \texttt{EAR} \ \texttt{CUFF} \ \textbf{R100}, \texttt{LOVISA;} \ \texttt{RING} \ \textbf{R100}, \texttt{TESSA} \ \texttt{DESIGN}.$









JACKET **R749**, JUMPSUIT **R399**, BOTH H&M; EARRINGS **R120**, LOVISA.







THE MANDARIN SHIRT **R559**, ZARA; BELT **R529**,99, TED BAKER;EARRINGS R100, RING R100 FOR A SE T OF 8, BOTH LOVISA; GLASSES R2 170, OAKLEY.

From MANDARIN to PETER PAN COLLARS, here's our pick of the season's must-have WHITE SHIRTS.

By Siyamthanda Mtshemla **Photographs** Sean Lorenze









crisp button up shirt or, for a more casual look, wear them with an off-the-shoulder top.

SIYAMTHANDA MTSHEMLA TRUE LOVE fashion editor



Shimmer in the summer sun with METALLIC SWIMWEAR and gleaming accessories. Adorn your lips, cheeks and eyes with RADIANT GOLD AND BRONZE. It's all about the glow.

By One League Photographs Trawys Owen.





BRAZENLIDS

Eyes are instantly brightened when highlighted with gilt tones.

Dab eye shadow on the top and bottom lids.

Bronze choker **R2 500**, Ida-Elsje.



INECTOPLUS

LIVE A COLOURFUL LIFE

take to the stage

WITH SUNKISSED BLONDE

CARRY A CHARMING GOLDEN GLOW WITH HIGHLIGHTS OF HONEY SO YOU CAN ENJOY SUNKISSED HAIR ALL YEAR ROUND.

PERMANENT HAIR COLOUR CRÈME

INECTO

SUNKISSED BLONDE

Includes

After-Colour Treatment
to help nourish and protect

Aloe & Milk Protein Conditioner leaves hair feeling soft and healthy Flawless Application

No bowl. No mess



These FRAGRANCES are perfect for long, SUNNY afternoons and SUNSET parties.

By Mbali Soga Photographs May I Photography















There have been numerous studies on how pigmentation affects women across the world. However, there's one study that hits home: University of KwaZulu-Natal (UKZN) head of department Dr Ncoza Dlova's study titled Ethnic Skin and Hair Disorders, and the Composition and Use of Skin-Lightening Preparations, Traditional Cosmetics and Sunscreen.

The study looks specifically at black South African women's skin and how hyperpigmentation is one of the biggest skin disorders when it comes to darker skin. Although there have been many breakthroughs in topical treatments for pigmentation, the study takes a look at the deeper underlying causes of pigmentation on black skin, as well as alternative ways to solve the problem.

Pigmentation predominantly affects black people because of the increased levels of melanin in comparison to other skin types. It can be defined as an over production of melanin and appears on the skin in various forms - freckles, solar lentigines (which are caused by sun exposure like sun, age and liver spots), melasma (occurs as a result of hormonal changes) and amashubaba (marks that appear on the skin due to the use of harsh chemicals and skin lighteners).

THE CAUSES

There are numerous causes of pigmentation or increased melanin production - such as scarring as a result of a skin injury, acne, overexposure to the sun, allergic reactions, hormonal changes and medications like antibiotics and hormone treatments. Here are pigmentation types:

1. Melasma

Melasma is caused by changes in hormonal levels and, to some people, taking contraceptives (because they alter hormone levels in a woman's body), sun exposure and some medication that treat seizures (the medications are phototoxic, making the skin more sensitive to sun exposure) and menopause. It often presents itself as amashubaba.

2. Post-inflammatory Pigmention (PIH)

This condition occurs as a result of acne scarring and eczema that leaves dark patches on the skin and drug reactions. When skin is in such distress, its melanocytes produce more melanin to protect and heal the skin. Theses cells are found in the first laver of the skin.

AVOID SKIN PIGMENTATION

There are ways to prevent this skin disorderifyouarenotyetaffectedbyit. Avoid the sun at all costs (whether it's staying indoors, wearing protective clothing or using a sunscreen with a high SPF), don't pick at scars or pimples (to avoid further irritation) and take prescription medication that balances hormone levels.

HOW TO TREAT IT

In Dr Dlova's study, 900 black women participated - 67% of them used topical treatments like skin lighteners to treat hyperpigmentation and 33% used treatments for aesthetic purposes like getting a lighter complexion in the quest of being a "yellow bone". The best course of action is to follow a treatment plan that is recommended or prescribed by a dermatologist.

Prescription medication contain dangerous active ingredients like hydroquinone, vitamin E and A and various fruit acids. Even though active ingredients protect skin from further damage, some react when exposed to the sun, so take caution when using them. Also, use a broadbased sunscreen for maximum coverage.

Always read the labels on your cosmetics. If a product doesn't have one, do not use it. Safe ingredients to use on skin include vitamin C. soy, alpha hydroxyl acids, arbutin, niacinamide and kojic acid.

Ingredients to be cautious of include mercury, hydroquinone, phenol, steroids and corticosteroids. The use of some of these ingredients can cause further irritation. They can also affect pregnant women and may even result in skin cancer.







LANCÔME DREAM TONE ULTIMATE DARK SPOT CORRECTOR **R950**



CLINIQUE EVEN BETTER CLINICAL DARK SPOT CORRECTOR **R895**



ELIZABETH ARDEN SKIN ILLUMINATING ADVANCED BRIGHTENING DAY SERUM **R595**



POND'S ANTISPOT INTENSIVE EVEN TONE SERUM **R89,95**





SUBSCRIBE AND WIN TWO OF 106 NIVEA HAMPERS

REVEAL YOUR MOST EVEN, YOUTHFUL RADIANCE YET

A radiant, even skin tone is by far the most sought-after beauty asset. Harnessing over 100 years of skin study and research, NIVEA has created Perfect & Radiant to reduce dark marks, even out skin tone and prevent further darkening. The effective formula combines Eventone Pure Active® and vitamin E, which works deep within the skin cells to reduce dark marks at the source. The result: the even skin tone of your youth is restored and your skin looks visibly more radiant. Perfect & Radiant is designed for the needs of African skin, and is suitable for all skin types. There is also a range specifically for oily skin. As the sun is the most common cause of dark marks. both NIVEA Perfect & Radiant day creams contain SPF 15 to protect the skin and prevent further darkening. For best results, cleanse, moisturise with SPF 15 and use the night cream for overnight skin regenaration. It's no wonder that nine out of ten women would switch to **Perfect & Radiant** and recommend it to a friend*.

WIN TWO NIVEA HAMPERS

Subscribe now and you could win two of 106 **NIVEA PERFECT & RADIANT** hampers worth R380 each. You can enjoy one and give the other to a friend. Each hamper comprises:

- ▶ Cleansing Foam
- ► Facial Day Cream SPF 15
- ► Facial Night Cream
- ➤ 3-in-1 Mattifying Cleanser for normal to oily skin
- ▶ Light Moisturiser SPF 15 for oily skin

HOW TO SUBSCRIBE

- Call us on **087 740 1031** on weekdays from 8am to 5pm.
- Send an email to truelove_ subs@media24.com (include "Subscribe TRUE LOVE" in the subject line).
- SMS "Subscribe TRUE LOVE" and your name to 32361 and we will call you back. SMSes cost R1 each.
- Subscribe online at www.mysubs.co.za.

*Consumer study on 267 black women who have bought an even-tone product in the past 3 months, 2 weeks of usage.















Bubbly and beauty – that was the order of the day in Durban at the TRUE LOVE Elizabeth Arden Beauty Brunch at The Oyster Box.

The nostalgic Oyster Box was the perfect spot to host the second Beauty Brunch of the year in Durban. The guests were in vogue in their Sunday best as they had their skin scanned and their foundation matched by the Elizabeth Arden glam squad.

Celebrity make-up artist for Elizabeth Arden Lucoh Mhlongo shared insightful make-up tips while getting guests looking their best. This gave the readers a chance to put the range's claim of creating flawless skin to the test. Boy, were they impressed! The day was rounded off on a high with a sumptuous lunch and Elizabeth Arden goodie bags.













NORE EXCUSES

Stop justifying your CARELESS SPENDING and take control of your finances.

By Zamahlasela Gabela

The psychology of why we overspend boggles even the experts. Financial trainer and relationship counsellor Veronica Banks, says: "There is a deep connection between our finances and how we view ourselves." Some of you probably think this doesn't apply to you. That's denial talking. Before the voices in your head lead you to bankruptcy, read on and learn how to identify your spending patterns.

EXCUSE 1: I deserve it

This is probably the most common reason to spend cash, and it comes in many shapes and forms, from believing you deserve to spend money because you've worked hard to wanting to indulge yourself because you've been through a tough time. There's nothing wrong with spending a bit on yourself every so often, but nobody "deserves" a pair of Christian Louboutin heels every month.

Senior manager for deposits and retail banking at Standard Bank Nolene Pardoo says we often spend in an effort to have fun or live in the moment. Because we work so hard, it's normal for people to feel justified in spending more on luxury items. "Choose one item. You can't be a payday millionaire and broke the day after," says Nolene.

Veronica says a person's relationship with money isn't always practical but often emotional. If you've worked hard and feel you need to justify the way you spend your money, shopping is often a form of retail therapy.

"Most people engage in retail therapy just to cheer themselves up as it makes them feel more in control and less anxious. This explains why sometimes the amount of shopping outweighs the actual need."

Take action: Banks says that in moderation, shopping can be therapeutic, but it often disguises deeper problems you may have. "A real therapist would be a much better solution," she says.

EXCUSE 2: I grew up poor

Sibongile Msomi, 34, grew up without money. "We'd often go to sleep hungry, so when I started working I vowed that I'd never be that poor again," she says. Because of this, Msomi didn't want any remnants of poverty to be evident in her life. "Everything I wore was branded, and I'd never set foot outside without wearing make-up on and a spritz of expensive perfume," she adds. Her lifestyle was so expensive because she always wanted to keep up with the latest trends. This inevitably led to overspending.

Nolene says this approach is dangerous



as it encompasses only a short-term view of finances. "You must enjoy life in the short term, but you must also plan while being cognisant of medium- and long-term goals," she says.

Realising you have a problem is always the first step to healing. "Admit that you have a problem.

Take action: Compile a list of all your debt and start paying it off, starting with the smallest balance. Next, pay off your accounts with the highest interest rates. A budget is your spending plan to success. Draw one up every month. Take all your slips for a month and analyse your spending habits. When you save, the rands will look after themselves. Forget about instant gratification – delay it by saving some money to buy items using cash," advises Veronica.

EXCUSE 3: Why should I save?

For many people, a first job means more money to buy clothes and the visit places

you've always wanted to see. "When they start getting an income, they think they can start worrying later on," says Nolene.

Although there's nothing wrong with spoiling yourself now and again, using your income for partying and buying the most extravagant handbags isn't advisable. Yolo (you only live once) and Fomo (fear of missing out) are some of the most common excuses. Yes, scientifically you do live only once, but the longevity of that life is deeply influenced by the way you treat your finances. "Having a good credit record and good habits is key."

Take action: "Plan for long-term goals such as retirement, and be consistent in your habits," explains Nolene. "Make sure you're not left in the dust with your finances. Enjoy life, but do so within the confines of a well-planned budget so that you can make sure you can still have a comfortable life in the future," she says.

It's also important to remember that although you may be living a carefree lifestyle, blissfully ignorant of your finances, you have to consider your family. Strive to have enough money after you retire to take care of yourself, as well as pay your debts and instalments so you don't become a burden on your children who may have young families to look after.

EXCUSE 4: No one can be better than me

Social status is paramount to many South Africans. People define themselves by the cars they drive, the houses they live in and the holidays they take, among many other things. Nolene says "the social architecture of where you are definitely influences the way you spend, and sometimes it's above and beyond what you can afford".

Wanting to keep up with the Khumalos is not healthy for your finances. "People spend money to boost their self-image and for self-justification as they believe that they deserve it, even if it means spending recklessly. People often spend more than their income and live off their credit cards, personal loans, microloans and so on. Money is used to satisfy wants and not needs," explains Veronica.

Take action: Living beyond your means at the expense of a good credit record

really isn't smart. The next time you hear that voice telling you that you can one-up Mrs Khumalo's shoes with a pair from Steve Madden, think twice. "If you can't afford it, stay without it. If you have to apply for a loan, make sure your budget allows for this additional monthly repayment," advises Veronica.

EXCUSE 5: But it's a sale...

We have all been there. You're walking past a shop and there's a massive red sign. Your heart skips a beat, your pulse quickens and your body starts to tingle. You walk in and start grabbing markeddown items at random; without even trying some of them on, you make a bold purchase. Pleased with yourself, you saunter out into the parking lot satisfied that you've made a great saving, right? Wrong.

Strategist at Ogilvy & Mather Cathleen Makhetha says: "Red has always been a statement colour, which catches the eye and turns heads. Many songs and references are made about the colour red. Those who gravitate towards it seem to have something in common – the inclination toward passion, courage, a surge of boldness, and a spark of genius.

"Similarly, in advertising, red is symbolic of a radiant life source, and that's what brands are for consumers. They are the daily bread in which consumers are able to find meaning and align their beliefs and values. Consumers love the feeling of spirit and heart being displayed in their brands, and because they are such emotional beings, the colour red and its associations electrify and enliven them," she says.

Take action: It's not too late to change things. Nolene advises to "build on a habit by starting small. People often feel that the idea of starting to save is daunting. You have the ability to set up a debit order that runs on your account. It's a great way to instil a good habit. There are a range of accounts that allow and prevent access to your money, so choose a savings account that will help you save."

Now go dust the cobwebs off your financial statements and tell those voices in your head to take a back seat. With a little discipline, you can find financial freedom sooner than you think. ■

FRSM JOB

They might be at the top, but these celebs have WORKED THEIR WAY UP. Here's what they learnt from SERVING CUSTOMERS.

By Zamahlasela Gabela

He may act as if he's the ruler of the universe, but did you know that Kanye West's first job was at GAP, where he folded clothes? Rapper Queen Latifa, who's worth tens of millions of dollars, started working at Burger King. Not only was she preparing food and pouring drinks, she also had to clean the toilets. Talk about starting at the bottom! Whoopi Goldberg, the only person who has won an Emmy, a Grammy, a Tony and an Oscar, used to work as a make-up artist at a mortuary.

Oprah Winfrey's rags-to-riches story is well known. Her first job was at a grocery store. Although she hated every minute of it, she has always maintained that it was an experience she'll never forget.

"I wasn't allowed to talk to customers, and you can imagine for me that was very hard," she says on *Oprah.com*. Despite this, Oprah saw it through until she landed her first gig at a Nashville radio station, at the age of 16. From then on, the sky was the limit for this multi-award winning talk show phenomenon.

The point is – we all start our careers somewhere, and for most of us, that's pretty close to the bottom. Even our local celebs have worked their way up.



TEBOGO KHALO, 30, Actress FIRST JOB: Call centre agent My first ever job was at a call centre. I was 22 years old and worked there for

a year-and-a-half. I absolutely loved

it because we were a group of young ambitious individuals who made the best of our situation. Nothing was too serious and we managed to get work done, even though we worked odd hours.

Lessons learnt: I realised the value in working hard and being professional. I also learnt that you can still maintain professionalism even when you're tired. Our shifts were from 7am until 4pm or from 4pm until 10.45pm. Weekends were a double shift. Being professional and cool with people were skills that I gained from my call centre days and now use in my acting job. I dealt with so many different personalities at the call centre, I needed to remember to always be true to myself and not allow other peoples' energies to affect me.

It's important not to disregard the place that you work at because it's a stepping stone to greater things. Whatever you're doing will lead you to something better; never take any opportunity for granted. Apply yourself. When you get to where you eventually want to be, you'll realise why you went through all the other things – Paulo Coelho's book *The Alchemist* really sums that up for me.



ZIZO BEDA, 26, Media personality FIRST JOB: General assistant

I worked at my dad's car parts and accessories shop from when I was in Grade 7 and throughout high school including weekends and holidays. I took orders, worked behind the cash register and cleaned up.

Lessons learnt: I got to be responsible and understand the value of earning money. We never got handouts and we had to have goals and back it up with action.

I'm one of those people who's never used their name to get ahead; I've always wanted to prove myself and earn my stripes. I want people to recognise that I've worked my hardest to get to where I am. Those early lessons guided my career. You might know someone who can open doors, but you must work hard.

My parents help to keep me grounded and remind me where I come from. The entertainment glitz and glamour is my work but I understand and respect that everyone is here to do a job. Things like greeting people are fundamental where I come from and are important to me. I ask how people's families are, because I genuinely want to know. I think it comes from having grown up in a small town.

LUTHANDO SHOSHA, 25,

Presenter

FIRST JOB: Waitress

I was 17 years old when I got my first job as a waitress. It's not something I'd like to do again.

Lessons learnt: That job was exhausting but it taught people skills. It gave me a sense of independence and taught me about being of service to someone else while also keeping your cool, even when you're really livid.

Another plus is that I learnt to remember things, a skill I find most helpful with my current job. I realised the importance of having an extremely comfortable pair of heels.

Even at your first job, equip yourself at every point. Be an active participant and learn as much as you can. Maintain your cool, keep calm and be professional, always.





NOLO PHIRI, 28, Actress FIRST JOB: Store assistant

When I was 18 and in my first year at tertiary, after being at the National School of the Arts, I worked as store assistant.

Lessons learnt: From that experience, I learnt how to relate to customers how to be friendly, sell products and blend in. I got to know what service means, and that not everyone is going to respect you.

Presently I work in a people-based industry. They don't have to buy into you if they don't want to. If you don't understand the value of people and how far they can take you, you won't be successful in this industry. I now understand the production aspect of my industry and it's made me a team player.

Your first job is often temporary, but it's a time when you can find your strengths and develop them.



SOUTES MAIRS

Have you ever wondered if you and your BESTIE ARE ACTUALLY MEANT TO BE TOGETHER forever? Read on and find out.

By Percy Matshoba

We often think of soulmates as people we love deeply, perhaps because we've watched too many romantic comedies and read all the classic fairy tales. We even envision our "mate" being tall, handsome and male.

But psychologist and author Andrea Bonior is challenging the stereotype of who our soulmate ought to be. In her book, *The Friendship Fix*, she claims that we, as women, spend so much of our lives looking for our soulmates even though they are present in our lives – not as a lover, but as a friend.

Andrea explains: "Many people hope and expect to find soulmates romantically, but in fact, our soulmate could be that friend who is always there for you in times of need, or the one whose shoulder we cry onto when our hearts are broken."

The writer who brought us the fabulous TV show *Sex and the City*, Candace Bushnell, once wrote: "Maybe our girlfriends are our soulmates and guys are just people to have fun with."

This has always been true for some friends, like Mantoa and Nthabiseng, who met in primary school and grew up together. Mantoa says: "We went to the same school and used to play together. After school, Nthabiseng would come over to my house and we'd eat, play, and later walk back to her place."

The idea of soulmates comes from the Aristotelian belief that "there is an energy bond that connects two people and forms a connection that is both powerful and can never be broken".

Maleny Naidoo, a Joburg-based clinical psychologist, defines a soulmate as "a person who you have a deep emotional connection with. It's when you feel very secure in the relationship, like you can trust the person with your deepest self and know that you won't get hurt or be judged.

"This connection can be with a friend, sister, mother or romantic partner," Maleny adds. "People have this flawed idea of a soulmate being found in a relationship with a man. They confuse the feelings they get from a sexual relationship – the feelings of floating on cloud nine – with the connection of a soulmate."

The website *Popsugar.com* lists signs that your best friend could be your soulmate, such as having coordinated dance moves and knowing and understanding what the other one feels without even having to speak.

Maleny agrees, saying that your soulmate is able to meet your core needs – even the ones you didn't know you had. "There's no fear that they'll reject or judge you. That doesn't mean your friendship or relationship is perfect, but because of the deep understanding and trust, it's easier to resolve any differences, you might have."

Maleny warns that having a soulmate might also come with its own challenges, but good friends should easily be able to meet each others' needs. "Even if you are having a bad day and don't want to talk, your soulmate knows how to cheer you up," she adds.

Andrea suggests you shouldn't

have to put in a lot of effort with your relationship with your soulmate. She adds that soulmates often meet in the most unpredictable ways. "Often times they just fall into it, inadvertently and passively," she says.

Maleny says that all is not lost if you haven't yet found your soulmate. According to its Aristotelian definition, the soulmate connection is described as something that happens almost instantly, "realistically, relationships take time to form, and at times two friends may find each other more inclined to a stronger bond than with anybody else but still lack that strong connection. These friends might need time to grow into their connection. In some instances this doesn't happen instantly, but it usually develops over time," she adds.

Mantoa says she believes Nthabiseng is her soulmate because of all the trials they have conquered together. "She's the one person I know who will always be there for me. I can depend on her. Even though I don't know what the future holds, I know that she will always be my soulmate because I don't think I can go through the same things I have gone through with her with my partner or other friends," she adds.

Nthabiseng agrees. Although she is in a romantic relationship, she still believes Mantoa is her soulmate. "A soulmate is someone who is there for you through thick and thin, and that's who she is for me," says Nthabiseng.

Maleny clarifies an aspect we sometimes take for granted – that your soulmate may not be meant to be in your life forever, as some believe. Soulmates can cross paths for a season – or less. "This relationship is more intense than normal, sometimes in a good way, but it can also be in a bad way. It doesn't mean it will last forever. The purpose of that relationship may end, but the two people in it will be able to appreciate it as a life-changing experience," she says.

The one who understands you more than anyone or finishes your sentences can come in any form, and your soulmate might already be in your life. Writer and poet Warsan Shire once wrote: "There is no intimacy like that between two women who have chosen to be sisters." How right she is. ■

IS YOUR BEST FRIEND YOUR SOULMATE?

Do you and your BFF have a deep understanding?

- a) Yes
- b) No
- c) Sometimes

Do you confide in your BFF more than your partner?

- a) Yes
- b) No
- c) Sometimes

When you fight, do you make up easily, quickly or without words?

- a) Yes
- b) No
- c) Sometimes

Do you feel like you are meant to be friends?

- a) Yes
- b) No
- c) Sometimes

Do you finish each others' sentences?

- a) Yes
- b) No
- c) Sometimes

MOSTLY A

You are definitely soulmates. Your bond with your best friend can never be broken. You connect easily, and have no fear of being judged by your BFF. Nothing will come between you, and if you keep up your friendship you will be soulmates forever.

MOSTLY B

Your connection is still developing – opening up more will strengthen the bond. Whereas some friendships blossom instantly, others take time, but like wine, some things are better when they have matured.

MOSTLY C

You and your BFF are on the right track, but you need to work on understanding each other. Your friendship can blossom into an amazing bond. Take time to explore your friendship and make lasting memories together.

AREYOU PUSHING YOUR KIDS OVERTHE EDGE!

As the world becomes increasingly demanding, PARENTS PUSH THEIR CHILDREN to keep up. But are we putting too much pressure on them?

By Marli Meyer

As parents, we know how tough and scary the world can be. Naturally, we want our kids to flourish in it, but because of this, burnout – which is common in adults – is now prevalent among children.

How do we equip our children for the world without them burning out? We spoke to creative parenting expert and thought leader Nikki Bush about burnout in children, and how parents can identify and avoid it.

"School principals, teachers and parents are increasingly approaching me because more children are not coping," says Nikki. "These are children without major challenges who are living in overdrive. It's like the kids are stuck in first gear and they don't have the skills, time or permission to change gear. It's immensely stressful. Often, they are unaware that it is abnormal because it has become a way of life for them."

Pressure is normal, especially when kids are involved in extracurricular activities and hobbies. That's not a problem. "We're seeing tired, stressed out, hyperactive and aggressive children who blow their tops without much provocation; and we're seeing ultrasensitive, tearful children who are easily distracted. These are telltale signs of burnout," explains Nikki.

Often, it's not a case of parents actively pushing their kids into burnout; rather, it's because they don't actively protect them from outside pressure. As adults, we don't always notice these signs because we've learnt how to cope with stress.

Nikki emphasises that paying attention to your child is essential. She says: "Tune into your child. Listen for the gaps between the words, to what your children might not be telling you. If you change the lens through which you look, you'll see the signs." According to her, there is a range of "parenting traps" to avoid when breaking down the complexities of parenthood.



THE STATE OF HAPPINESS

"The default setting of parents is to try to smooth their children's path, instead of adequately preparing them for life. This 'helicopter parenting' removes any risk and frustration, and keeps children in a state of perpetual happiness; they don't have the opportunity to experience a meltdown," says Nikki.

"For children to cope in a stressful world, they need to be resourceful and resilient. What pushes children to learn and acquire life skills is frustration. But we tend to give our children everything they ask for, when they ask for it. They want to play on your iPad right now, so you give it to them to avoid a meltdown instead of saying: 'You can have it, but in 15 minutes. Go and find something else to do until then.'"

The real world is full of ups and downs and, as Nikki explains, not allowing kids to experience this stunts their resourcefulness and problem-solving abilities.

PARENTS IN THE 'RED ZONE'

"Like the pressure gauge in a car, we display varying degrees of stress. This is normal; we can't get away from it. But it's risky when we get stuck in the red," says Nikki. "When we live constantly in that stress zone, we make bad parenting decisions that affect our children. For example, we might lay the stress of our financial choices on our children, which isn't fair. I've looked at my children's marks and turned around and said: 'This just isn't good enough when I'm paying for your education.'

"Also, because parents pay a lot for education, we sometimes look to schools to 'fix' our kids. But between birth and 18 years, our children only spend 14% of their time in the classroom, so we're looking for solutions in the wrong place."

OVERLOAD

Humans are multisensory learners, so the best way to gain knowledge is by using as many of our senses as possible, explains Nikki. This is why sport and extramural activities are essential for learning lessons that can't be learnt in the classroom. But this should be within reason.

When parents try give their children numerous opportunities to develop all their skills and talents, it can be too much.

The key is for parents to find a balance and keep reviewing choices about their child's schedule.

"It's great for kids to be involved in school, but what's happening – especially in the preschool and primary school years – is that children's schedules are unnecessarily crammed. They do not have any downtime to potter around undirected and enjoy free play, to have play dates, and spend time with mom and dad," says Nikki.

There is no formula, but parents need to take a long-term view when they choose extramural activities, and they need to avoid getting caught up in crazes.

Just because everyone else is doing hockey, soccer or drama, it doesn't mean your child has to do the same.

"We do certain things to help our kids fit in, but you don't have to do everything," says Nikki.

PLAYDATES AND DOWNTIME

When we're busy running from A to B, we want easy ways to keep our kids entertained. But we shouldn't forget that the best form of downtime is play. "Playdates are falling off the list because they take time, the school doesn't organise them and we have to be present to supervise," says Nikki.

"When your children do have downtime, it's much easier to allow them to be in front of a screen because then they're engaged, quiet and sit still. But it's at the expense of play."

The digital revolution might also be contributing to early burnout in our kids, as screen time does not necessarily equate to downtime.

Screens are replacing play and "potter" time, which is when children consolidate what they've learnt. Nikki reiterates: "Kids need to socialise in real time, with real things, and use technology in moderation."

LIVING THROUGH YOUR KIDS

A lot of pressure is placed on children to do what their parents think they should be doing. Sometimes it's because parents live vicariously through their children.

"We see it in parents who need their child to be an A student, to be in the first team or to have provincial colours, when perhaps that's not what that child is about," says Nikki.

"I have watched children who are talented at sports, until the minute their parents appear along the sidelines. "They throw down their rackets, have temper tantrums, and their game drops because they are so fearful of disappointing their parents.

"Then there are children who are so desperate for praise, they turn around to see if their parents notice every time they hit the ball. Instead of being in the game, they're looking for their parents' response."

BURNOUT RUT Notice who they are. Spend time with your children. "If you play with your children or watch them play, you will discover things they don't exhibit on the sports field or in the classroom," says Nikki. Take care of the weelf. Make the time.

WAYS TO GET OUT OF THE

Take care of yourself: Make the time to get enough sleep and do things that are important to you. In that way, you can spend quality time with your kids.

Celebrate who they are. Children shine at different times. "It's important to celebrate not just what your children do and achieve, but who they are," says Nikki.

Make time to play. Ensure that little ones get ample sleep, downtime and time to play. "Play is the language of childhood. As multisensory learners, they really need play to de-stress," Nikki advises.

No-pressure fun. Children can become lazy (or pretend to be) because they fear failure; if they don't try, they can't fail. Encourage them by doing things with them in a very safe, social way where you don't emphasise winning or losing.

Love them. If your child makes the D team, praise their efforts, not their accomplishments.

ALWAYS TIRED

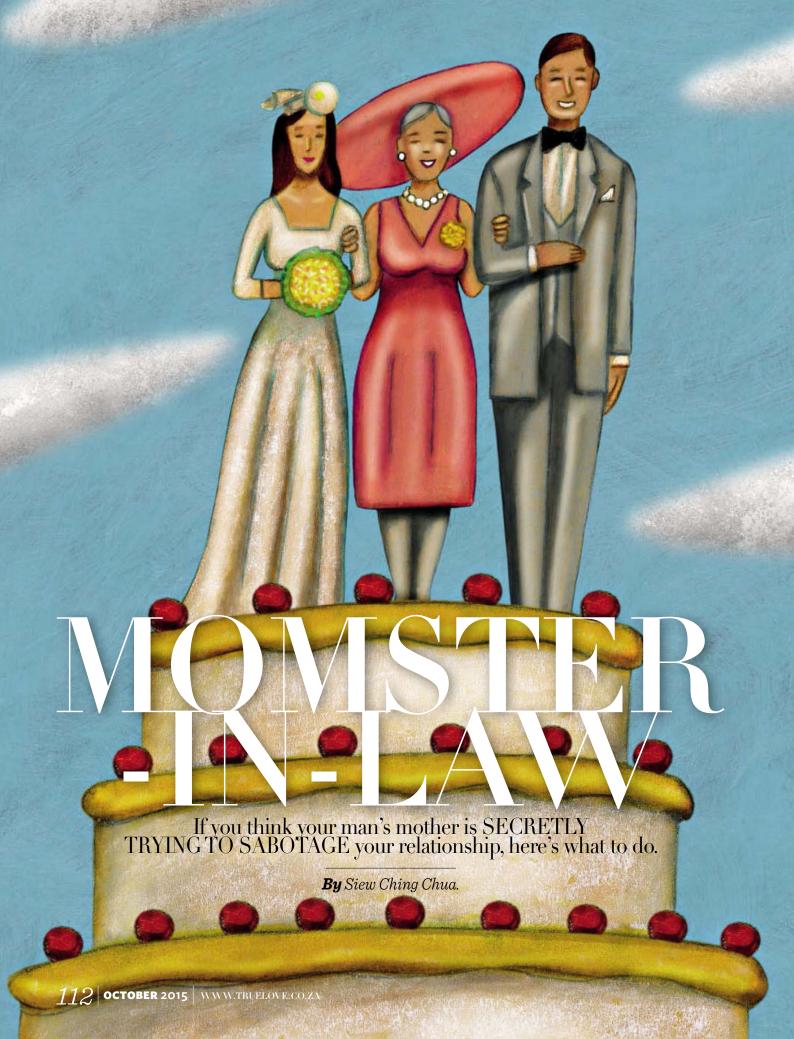
"Children are arriving at school tired. A lot of what they experience during the day is new.

"Without 'potter' time in the afternoon, the first time they start consolidating their experiences, emotionally and intellectually, is when they're getting into bed," says Nikki.

"Also, watching TV or playing games right up to bedtime disturbs children's brain frequency. Typically, you'll put them to bed and they'll call you back

because that's the first chance they have to process what they're thinking. "Suddenly, you're faced with a discussion about their anxieties because this has only just come to the surface. Most children stop for the first time when they go to bed." So allow your children to get a healthy balance of schoolwork, extramural activities, socialising and,

most importantly, rest. \blacksquare



If you think your mother can be difficult, wait till you start having to deal with your partner's mom. Overbearing, ice cold, sarcastic and judgmental – it's no wonder that according to a study of hundreds of families over two decades, more than 60% of women admitted their relationship with their mother-in-law caused them long-term unhappiness and stress. You are better off being in her good books, but what's a girl got to do to get her man's mom on her side? This is how to see what her game plan is, beat it and live happily ever after with your man.

THE CONTROL FREAK

How to spot her: She claims to know what's best for him and cringes whenever you do something different.

She says: "That's a nice shirt you bought my son, but really, blue is not his colour. He's better off in white."

Real-life drama: "Tshepo is usually laid back, but whenever we meet his parents for dinner, you can instantly feel how stressed out he is. His mother is so controlling, and whatever she says goes." – Oratile, 28

Beat it: When she suggests something, tell her it's a good idea. Giving her the opportunity to make suggestions will make her feel needed. But if you think your way is better, gently explain why you think so.

Give up? Yes, if she insists on controlling everything – right down to the way your relationship should be.

THE PERFECTIONIST

How to spot her: Whether she is an exemplary housewife or has a high-powered career, there is no upping this woman. She'll always give you the eye when you slip up, and nothing you do for her son will ever be good enough.

She says: "Are you sure it is a good idea to use that plate to serve the cake? Don't you have a more suitable set? Also, the cake needs more cream."

Real-life drama: "Kwanda's mother is a very successful woman and he looks up to her. That woman is always criticising everything I do. She never has a good word to say." – Mbalenhle, 32

Beat it: Get your boyfriend to praise you for your achievements in front of Mummy Dearest so she sees you in a

different light. Stand your ground – the more assertive you are, the better your chances of winning her respect.

Give up? If she criticises you all the time and your boyfriend seems to be on her side rather than defending you.

THE CLINGER

How to spot her: She still treats him like a child and insists that he lets her in on everything that happens between the two of you.

She says: "My son is such a good boy, such a catch. He is my everything and I expect him to have only the best."

Real-life drama: "Omphile's mother is always around us – it feels so crowded! She makes sure we spend every weekend with her, despite us not having seen each other any time before that. She babies him. The worst part is that he loves it." – Ntombi, 34 Beat it: Make it clear to her that three's a crowd. Whenever she tries to play the guilt card on your boyfriend, tell him you guys need some space of your own as well. Give up? If he obviously loves being mommy's little angel. If your guy can't function without his mother, well, you are better off with someone who can.

THE BUSYBODY

How to spot her: She can't help but poke her nose into everything that happens between you and your guy – whether it is an argument or deciding on where to go on holiday.

She says: "I hear you are planning to buy a new car. What model are you buying? What's wrong with your old car? Who's paying for it?"

Real-life drama: "I know Oupa is close to his mother, but what I don't like is how he tells her everything, not because he likes sharing things with her but because she's always asking him questions about us. She's in our business all the time." – Seithati, 31

Beat it: When she butts in, share the bare minimum and then quickly talk about something else (preferably her). **Give up?** If she shares details about your relationship with everyone, or if she is getting too personal. Bedroom details are private.

THE DRAMA QUEEN

How to spot her: You are having a romantic dinner but she calls and demands he comes

over because the TV won't switch on. *She says:* "I had such a long day today. The washing machine broke. You were 10 minutes late. I was so worried."

Real-life drama: "Simon's mother would call us in the middle of the night because she couldn't sleep and needed to talk to someone about her worries. She pulled us into her dramas." – Andiswa, 28

Beat it: If she insists on hogging the limelight, give her some attention, but don't go overboard.

Give up? If she starts causing drama in your relationship.

THE EX OBSESSED

How to spot her: Whenever possible, she will bring up stories about how good your guy's ex was and how sad she was when they broke up.

She says: "Thanks for the lovely meal you cooked, my dear. Did I tell you that [his ex] is such an excellent cook?"

Real-life drama: "Even though it was five years since Thapelo and his ex broke up, his mom won't stop talking about her. They still talk and meet for coffee." – Emma, 28

Beat it: Every time she brings up something about the ex, be kind to show her it doesn't faze you.

Give up? If she keeps telling your guy how much more suited he is to his ex and is trying to split you up.

THE ICE QUEEN

How to spot her: She doesn't think much of you and, unfortunately, she makes it clear. When you speak, she either puts you down or simply ignores you. Tough cookie this one, especially when she shows her son how little she thinks of you. She says: "Oh, I'm sorry but I wasn't counting on you to join us for dinner. Next time, perhaps?"

Real-life drama: "Bongani's mom is not the easiest person to get along with. I feel she hates that I am going out with her son. She never acknowledges me as his girlfriend." – Lilian, 32

Beat it: Let her know you are serious about her son. Each time you see her, try to talk about something of interest to her. Be yourself and don't take it to heart. **Give up?** You don't have to be best friends with her, but if you think she is trying to turn your guy against you, consider whether your relationship is worth it. ■



We often assume MEN WANT QUICK SEX and that we should act like PORN STARS. But what ACTUALLY TURNS THEM ON?

By Helene Lee

Sifiso and Khanyi have been married for 12 years. They have a beautiful home and three kids, and both have successful careers. Their sex life, Khanyi thought, was okay. "But last night while we were in bed," she told her best friend, Xoli, "he suddenly asked me to get a Brazilian wax. I've never shaved down there. I thought he liked me natural."

Xoli was with Khanyi on this one. "How does he even know about Brazilian waxes? Do you think he's been going to strip clubs or something?"

"I don't know," Khanyi sighed, a worried frown on her forehead revealing her frustrations. "He has been on the Internet a lot lately. Maybe he's been watching porn. Or maybe..." – now she looked really worried – "maybe he's having an affair!"

Sifiso was stunned when Khanyi confronted him the following day telling him they needed to talk and thrash out what he'd "been up to". And all over an innocent, "I'd love you to get a Brazilian wax."

WE ASSUME: When a man asks you for something out of the ordinary in the bedroom, it should make alarm bells go off.

WRONG! If your man has been eating steak, egg and chips every day for 12 years and suddenly says, "Honey, tonight I feel like sushi," you wouldn't be shocked. You'd be pleased. Your man has woken up to the joys of Japanese, Italian or Mexican cuisine. It's the same with sex. If he wants you to go all smooth for him, wants you to try a new position, or just wants to look at you pleasuring yourself, don't panic. He just wants to introduce some variety into your lovemaking. Chill.

WE ASSUME: *Men love quickies*, whereas women prefer to *take their time* making love.

WRONG! Let's kill this myth right now. Women love quickies just as much as men do, and vice versa. Yes, it's true some women take longer to orgasm, but that doesn't mean we don't enjoy fast, pulse-pounding, slam-me-against-thewall sex. It's in our genes.

Once upon a time, or so the story goes, women needed to be able to respond instantly to the handsome or even not-so-handsome stranger who rode into town. She'd get wet quickly (within 10 to 15 seconds), have fast sex, and extend the gene pool. It's an urge we can't resist. Fast sex won't fix a relationship that's broken, but it will pep up your sex life if you're in a good one. A passionate encounter that needs to be quick in a place that's a teeny bit dangerous (an office, a lift, a car) – what more could a busy woman ask for?

WE ASSUME: Men *want sex* because they want sex, and sometimes we should *just say "no"*.

WRONG! Men love sex for the sheer thrill of it, it's true. But men also want sex for the same reasons we do – to feel wanted, to connect, to belong. There are also other reasons: a controlling boss can make a man feel emasculated, and having sex will make him feel manly again; stress about work or money can make him depressed, and sex will make

him feel he's not going through this ordeal alone; a friend's sudden passing can shake him to the core and make him fear the future, and sex will make him feel more alive. Knowing this, we need to be tender around our men. They may act all macho and confident, but when it comes to sex, it's us women who wield the power. So don't say "no", say "later". In his mind, "no" means you don't want him.

WE ASSUME: Men know what to do with women's bodies, so don't give them instructions.

WRONG! A man may know his way around the inside of a motorcar, a laptop, even a kitchen. But when it comes to the female body, he is hopelessly out of his depth.

Whereas his equipment is all on the outside, in one central spot, women's are all over the place. There are breasts up there, the intricate "orchid" down there, the earlobes, the buttocks, and that spot behind her knees. And let's not forget her mind, the place where the sex drive is ignited.

With so much going on, a man needs a little help. Do it with as few words as possible. Show him where and how to touch you. Moan when he gets it right. Smile when it's over, whether you've had an orgasm or not.

WE ASSUME: Once men have had an orgasm, it's all over for us.

WRONG! It's true that once a man has climaxed, he's just minutes away from falling into a deep, happy sleep. But you can use those few minutes to your advantage.

With sexy little moans and giggles, make it clear that his job isn't over until it's over, and guide his fingers – or his tongue if he's not snoring yet – to the right spot.

The next morning, when he complains he's hungry, remind him of that famous Chinese proverb: "Ladies who don't come first don't make breakfast."

EASE YOUR MIND

Sexual assumptions can cause problems in a relationship – or worse, lead to a break-up. Here's how to avoid a mix-up:

Clarity: Ask your man to clarify if you are unsure about his "strange" requests instead of drawing your own conclusions.

Be playful: Experiment with new ways of enjoying each other in bed – as long as you are comfortable with his suggestions.

Take initiative: Don't expect him to read your mind. Tell him exactly what tickles your fancy.

Stop analysing: Don't scrutinise every little thing he says. Sometimes he just wants to live out his fantasies. Accommodate him.

The fashion world is **DITCHING** the skinny, picture-perfect model, and embracing DIVERSE AND UNIQUE FEATURES. This shift may be creating a BIG CHANGE in how we LOOK AT OURSELVES.

By Siyamthanda Mtshemla and Percy Matshoba

Model Winnie Harlow does not only add colour to the fashion world: she's also an activist for those whose beauty is not commonly celebrated. At first her skin condition, vitiligo, got tongues wagging, but she's used it to prove that difference is cool.

The 21-year-old first appeared on season 21 of America's Next Top Model where she placed sixth. Since then she has modelled for top brands such as Desigual, walked the London Fashion Week, featured in Ashish Gupta's catwalk show in London and starred in SHOWstudio's campaign. She was also featured as the main model on Diesel's spring/summer 2015 ad campaign, the aim of which was to promote tolerance, equality and unconditional Winnie has been featured in various international magazines and is now an avid spokesperson for people with skin conditions.

Winnie, also known as Chantelle Brown-Young, endured being bullied and was called names such as "zebra",



"cow", "powder" and "ghost" after being diagnosed with vitiligo (a chronic skin condition in which portions of the skin lose their pigment) at the age of four. But the Canadian model did not let the bullies get her down and now she's the first international model with vitiligo.

Models have been expected to be visions of pure perfection; and our obsession with flawlessness drives the fashion and beauty world, which adds to their intriguing and majestic allure.

In a world consumed by this level of immaculateness, models such as Shaun Ross, Alec Wek, Cara Delevingne, Isis King, Joan Didion and Iris Apfel, to name a few, don't fit into the conventional beaut that we expect of models.

Gone is the superficial notion that models are supposed to be aspirational and unreal characters. Casting the outcast has now become the biggest trend to hit runways and ad campaigns.

Shaun Ross, 24, the first male supermodel with albinism, has hit the runways of major designer brands such as Alexander McQueen and Givenchy. He's also been featured in the British edition of GQ, Italian Vogue and i-D magazine, as well as playing roles in music videos such as Katy Perry's ET, Beyoncé's Party and Pretty Hurts (which focuses on the self-acceptance). Ross started his modelling career at 16 and has never let his physical differences affect his work. He took part in the "Flawless" photo shoot for season 20 of America's Next Top Model.

Our very own designer Gert-Johan Coetzee has also been part of this phenomenon by casting Thando Hopa, a model with albinism, as his brand ambassador, featuring her in various shows dolled up in showstopper gowns, and ad campaigns. The designer discovered Thando in a shopping mall. "Meeting her and hearing about the challenges of living with albinism inspired me to use my platform to really question what beauty is as she is such a strong, confident and inspirational woman," Gert explains. He calls her his muse: "I love her luminous porcelain skin and striking bone structure, paired with her strong, can-do lawyer attitude."

Gert says the reason why the fashion world is starting to shy away from the usual glamazonian models and is embracing the uncommon beauties



is because fashion is growing and constantly evolving. "Society is focusing more on being unique.

"Different features are more interesting than perfect Barbie doll looks," he says. Gert adds that fashion plays a role in protesting against discrimination and prejudice. "Fashion is an extremely powerful voice because of all the exposure that it gets. This makes it the perfect platform to be an activist against discrimination."

Refilwe Modiselle, who has albinism, began her modelling career at the age of 13 where she was featured in a five-page-spread by Y! magazine. It was only in 2005 when she got her first big break. "I modelled in my first hair runway show for Loréal Mizani in 2005 and in the same year I did my first runway show for David Tlale's Private Collection," Refilwe says.

She walked in her first SA Fashion Week in 2010, and it was only in 2012 that she was recognised as South Africa's first working model with albinism. In the same year Refilwe became a brand ambassador for Legit. Since then she has walked at Mercedes Benz Fashion Week as a showstopper for David Tlale and has been acknowledged by CNN as Africa's first model with albinism. The segment was followed by a documentary about her working life.

Refilwe says that getting to where she is wasn't easy. While other models were booked for big gigs without a second thought, her progress was slow. "It hasn't been the easiest of journeys but it has made me stronger and even more ambitious to fulfil what people assumed couldn't be done," she says. She has been in the modelling industry for 16 years and says that from the constant rejection she has learnt to be patient.

"The world is learning that we all deserve to be accepted for our own beauty, regardless of what we've been made to think of it by society. People are starting to embrace what's always been shunned, mainly because it was never understood, but now we are normalising being different," she adds.

Supermodel, actress and singer Cara Delevingne's eyebrows changed the beauty scene with a bang. At a time where thin sleek brows were reigning supreme, she hit the catwalks with her full brows and sparked what we now know as the "bushy brow game". It was also her mysteriously masculine features that lent themselves effortlessly to the androgynous trend on the runways of all the major fashion capitals.

A flare-up of her other "unique" feature, psoriasis (an autoimmune disease that results in splotchy red patches on the skin), served as>a n

In depth | **TL**

accessory to a red Versace gown she wore during Milan Fashion week in February 2013. She claims that her psoriasis, which only ever happens during fashion week, has made her the talk of the town, especially for couture brands. Her Instagram bio says it all: "Don't worry, be happy. Embrace your weirdness, stop labelling, start living."

Famously known for launching supermodels such as Naomi Campbell, Calvin Klein would of course not be excluded from the trend. The brand

took it a step further and cast plus-size models for their plussize underwear collection. Another brand celebrating plussize models is Lane Bryant her lingerie line #ImNoAngel featured plus-size models shot in a very alluring and desirable monochromatic style.

Gender is the next frontier. Discovered bv Givenchy's Riccardo Lisci, Lea, a Brazilianborn Italian-raised model, has become one of the most visible transgender models in the fashion industry. Even though transgender models are not new on the scene, they're growing in numbers over the years and have been cast in more runways shows.

Isis King was the first trans contestant on Tvra Bank's ANTM and has also been cast in a American Apparel campaigns. Ines Rau, also a trans model, set the fashion world alight with her shoot for France's OOB magazine's shoot with male supermodel Tyson Beckford.

Sociologist Asanda Benya says the fashion world influences society immensely. "It sets trends and standards. It defines what the norm is – I would go as far as saying that it starts by constructing what the 'norm' should be and sustains it as the standard," she says.

Benya explains that although it may look like there is significant change in the fashion world, designers still follow the same aesthetics when making clothing. Thin, tall and glamorous is still the ideal and the uncommon beauties are not necessarily at the forefront. "They are not mainstream models. They are featured as the 'other'. Even when they are featured,

the fashion campaigns usually try to 'normalise' them, or even objectify them at times. They objectify them by drawing our attention to the fact that they are different and so it becomes about the campaign rather than a fundamental change in how marginalised people or bodies are represented," she explains. She says socially these campaigns don't achieve much for the marginalised communities as a whole, but arehelpful

on an individual basis. "I think on an

individual level it does create a shift,



but I'm not sure if the shift is socially significant. What I mean is that for a young girl with albinism to see someone who looks like her in a fashion magazine or on a runway makes a difference. but not for the rest of the mainstream

"The reason is because the 'rest' of society hardly gets to a point where they look at her as 'just a model that happens to look different'. It remains 'a person with albinism who is a model' and not a talented model." There's definitely a novelty factor at play here as the fashion

and beauty industry has opened up to the idea of the new unconventional beauties representing their brands.

Major fashion houses aren't the only ones who realise that trend. Beauty house Dove has been using the "self love" strategy for years now, with every ad campaign showing women how beautiful they are naturally. Their latest campaign, #ChooseBeautiful, shows women walking through one of two doors, one marked "Beautiful" and the other "Average". It's astounding to

see just how many women walk through the "Average" door, some almost absentmindedly, whereas others have to be persuaded to walk through the "Beautiful" door.

Dove has been breaking down that illusion, campaign by campaign. While the fashion community was still getting a hang of these "uncommon" beauties, fashion giant Celine broke all the rules with their typically hyper-raw style ad campaign with Joan Didion, an 80-year-old American writer, as their model.

Designer Kate Spade used 93-year-old fashion icon Iris Apfel as the face of their campaign. Jeweler Alexis Bittar's spring campaign also featured Iris alongside 18-vear-old blogger Tavi Gevinson, breaking away from the notion that youth is the ideal.

These campaigns encapsulate all that is considered "chic" right now: the clothes are understated. the colours are muted and their unique uncommon quality is not hidden but celebrated. There's definitely a cultural shift in how

the world is viewing what is considered "beautiful". Yes, while the botoxed, skinny, big boobed, pure skinned looks will still rule some fashion and beauty quarters, now there's an acceptance of the "self-love" world, where people are invited to feel absolutely comfortable in their own skin, accepting and owning the traits that make them different.

Refilwe says that the change in the fashion world is revolutionary, one which she is honoured to be part of, "I'm writing history and hopefully I will leave a legacy behind," she adds. ■

ORS HAIR STRENGTHENING ARGAN OIL HAIR CARE

STRENGTHEN WHILE YOU STRAIGHTEN

Frequent use of chemicals, braids and extensions can lead to excessive hair loss and breakage That's why ORS has brought the breakthrough Hair Strengthening Argan Oil.

It has pure Moroccan Argan Oil, a rich source of

antioxidants and Vitamin E, which help restore the elasticity and strength of







In depth | TL

over the age of 15 are either overweight or obese. The average waist measurement of women between 55 and 64 years of age is 96.4cm (the recommended upper limit is 88cm), according to the survey. Yet, interestingly, the survey notes that 64% of adults believe that the things they eat and drink now "are healthy", so there is "no need" for them to make

changes. Just 18% of South African women express dissatisfaction with their weight.

So not all of us see being overweight as a problem. If you're happy with yourself, does it matter if you're carrying a bit of fat? And aren't our attitudes a matter of cultural preference, which is changeable? In some local cultures, fat is associated with health and wealth – and when thinness is associated with illnesses such as TB and HIV, it's difficult to make a case for losing weight.

Notallobesepeopledevelopmetabolic diseases such as diabetes, but a report

by the US Library of Medicine, published in *MedlinePlus*, cites a large study with data going back to the 1950s that shows that even obese people who were metabolically healthy had a higher risk of cardiac-related deaths, compared with people who had a healthy weight. And as waist measurements increased, so did blood pressure and insulin resistance. As

body mass index (BMI) increased, HDL cholesterol (the "good cholesterol") decreased.

Some confusion was caused by a US government study that stated that overweight people have a lower mortality risk than people with a healthy weight. But the Harvard School of Public Health pointed out that the US government researchers didn't

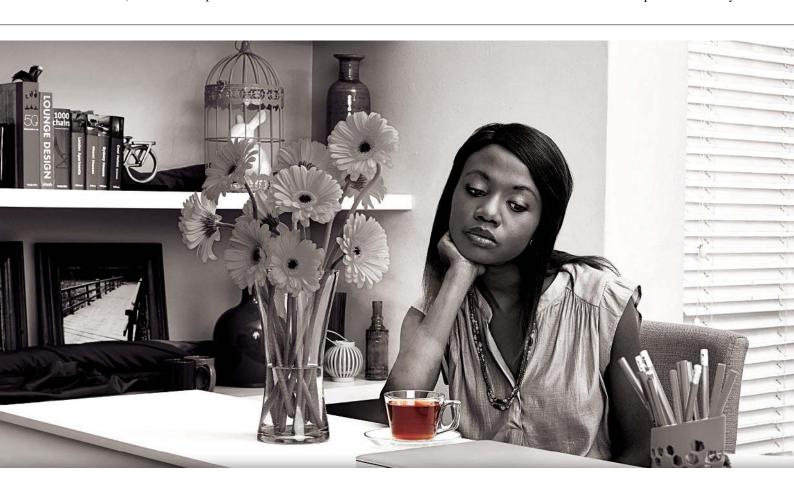
take into account the fact that low body weight is often the result of chronic disease, rather than the cause. So, they argue, those with a BMI of under 25 are a mix of healthy people and those who are ill, and have lost weight due to disease. Another factor they didn't consider was that smokers are more likely to be slim.

Where do you carry your fat: on your hips and thighs, or around your midriff? The fat lying deep in your abdomen is "more perilous than the fat you can pinch with your fingers", according to a study by the Harvard

Medical School (HMS). The fat you can pinch is subcutaneous (just below your skin). Visceral fat, which is the fat around your liver and other organs, is the "perilous" fat.

Fat doesn't just store energy. Researchers have discovered that the fat cell is in fact an endocrine organ, secreting hormones and chemicals that affect other parts of the body. >





The molecules produced by subcutaneous fat tend to be beneficial, but those from visceral fat aren't. Visceral fat makes more cytokines, proteins that can trigger low-level inflammation, which is a risk factor for heart disease and other chronic conditions, according to the HMS. This also produces the building blocks for the protein angiotensin, which causes blood vessels to constrict and blood pressure to rise. Harvard researchers also found that visceral fat secretes more retinol-binding protein 4 (RBP4), which increases insulin resistance. A blood test for RBP4, which will indicate the amount of visceral fat in the body. is currently in development.

However, subcutaneous fat produces leptin, an appetite-suppressing hormone, as well as adiponectin, which helps protect against diabetes and has an anti-inflammatory effect on the lining of blood vessels.

A large study of European women aged between 45 and 79 found that those with the largest waistlines in relation to their hips had double the risk of developing heart disease.

In healthy, non-smoking women, every extra 5cm round the waist, the risk of cardiovascular disease increases by 10%. And that's not all: high levels of visceral fat go hand in hand with several risk factors for heart disease: increased blood pressure, blood sugar levels, raised triglycerides ("bad" cholesterol) and low HDL.

If all these figures are at unhealthy levels, it is termed "metabolic syndrome". When this occurs, the risk for CVD and type 2 diabetes is serious. A high waist measurement is considered to be a major feature of metabolic syndrome.

Dementia: Researchers found that people in their early 40s with the highest levels of abdominal fat were three times more likely to develop dementia (including Alzheimer's disease) later in life than those with low abdominal fat levels. There was no association with large thighs, however.

Asthma: A comprehensive study found that women with waist measurements over 89cm were 37% more likely to develop asthma thar smaller-waisted women. The researchers believe visceral fat raises this risk because all parts of the body are affected by the inflammation it causes.

Breast cancer: Being overweight significantly increases the risk of developing breast cancer according to Professor Tony Howell and Di Michelle Harvie of Genesis Breast Cancel Prevention in the UK. But losing weight – ever as little as 4.5kg - can cut that risk by betweer

THE **STRATEGIES USED BY PEOPLE WHO LOST MORE THAN 30KG** AND KEPT IT OFF FOR **FIVE YEARS.**

55%had help from a programme, or from their doctors or nutritionists. 45% did it on their own.

89% used diet and physical activity; 10% dieted only; 1% exercised only. The most common dietary strategies were limiting certain foods (used by 87.6% of people), limiting quantities (44%) and counting calories (43%).

of people walked for about an hour a day.



25% and 40% when compared with women who continue to gain weight.

Colorectal cancer: Those with high levels of visceral fat have three times the risk of developing colorectal precancerous polyps than those with low levels of visceral fat, according to a study published in The American Journal of Gastroenterology.

The researchers also found that these polyps are associated with insulin resistance, and according to them, insulin resistance can increase the risk of cancer.

HOW DO YOU LOSE IT?

A study published in The American Journal of Clinical Nutrition describes some of the strategies used by "losers" - those who have lost an average of 33kg and have maintained their loss for more than five years. So it might be worth paying attention to their habits: high levels of physical activity (about an hour of moderate-intensity activity a day); eating a low-calorie, low-fat diet; eating breakfast daily; monitoring their weight loss; and a consistent pattern of eating - even on weekends.

FATS AND FIGURES

If you intend to lose fat, you need to measure your progress. According to Ferriss, the formula is: "No consistent tracking = no awareness = no behavioural change." You also need to stay motivated. One of the people who lost weight using Ferriss's method offers some advice: "Most people wish for an outcome but make no intention-driven actions towards that outcome. Stop wishing; start doing."

Ferriss adds that you need to have a specific goal. Start by determining the exact body fat percentage you intend to lose. (See a dietician or fitness expert to determine this figure.) Once you've measured your body fat percentage, what's the goal? It's about recomposition, explains Ferriss. If you're overweight, 9kg will make all the difference. You don't have to lose that amount of fat as you should aim to add muscle at the same time. So you could lose 7kg of fat and gain 2kg of muscle. Even if you have a lot to lose, start with this. Or go for 4.5kg, which amounts to a clothing size. Use a fat measurement tool to keep track on a weekly basis. Here are a few options:

This is not a perfect health indicator but a guide to show your progress. Divide your weight in kilograms by your height in metres squared. A healthy BMI is 20-24.9, overweight is 25-29.9, obese is more than 30.

DXA (dual-energy X-ray absorptiometry)

This is a whole-body scanner used to diagnose osteoporosis, and accurately measures body fat and distribution. But beware, it is costly and you'll need a referral from a doctor. It's not something you'd do often, so it isn't that useful for tracking your progress, but it can give an indication of your health.

BIA (bioelectrical impedance analysis)

You can buy your own BIA scale to measure your body fat percentage. Weigh yourself under consistent conditions, so that the readings are accurate. *The American Journal of Clinical Nutrition* sets out the following healthy body fat ranges:

- ▶ 20-40 years: 21%-33%
- ▶ 41-60 years: 23%-35%
- ▶ 61-79 years: 25%-38%

Waistline

Circle a tape measure firmly around your waist at your navel. Over 89cm? You probably have excess visceral fat.

Total centimetres

Measure both your upper arms midway, your waist at the navel, hips where they're the widest, and both legs mid-thigh. Add up the numbers. This is a more satisfying figure to track than your waist measurement alone.

SAD (sagittal abdominal diameter)

Lie on your back, knees bent, feet flat on the floor. Lay a long ruler across your stomach at its highest point. Put another ruler perpendicular to this from the floor up to take the measurement. If your BMI is normal, your SAD should be under 25cm.

DIETARY/LIFESTYLE OPTIONS

These diets focus on insulin rather than calories, so they're more likely to have an effect on visceral fat.

- ▶ **Slow-carb:** *The 4-Hour Body* by Timothy Ferriss (Vermilion)
- ▶ Low-GL, intermittent fasting and exercise: Burn Fat Fast by Patrick Holford and Kate Staples (Piatkus) and The 2-Day Diet by Dr Michelle Harvie & Professor Tony Howell (Vermilion)
- ▶ Evolutionary: *The Primal Blueprint* by Mark Sisson (Primal Nutrition)
- ► **High fat/low carb (HFLC):** *The Real Meal Revolution* by Professor Tim Noakes, Sally-Ann Creed, Jonno Proudfoot, David Grier (Quivertree)

To track your progress with these diets, ask your doctor to send you for blood tests for metabolic syndrome. Then get tested again after six months. ■

Consult a medical doctor before making any lifestyle changes.





Enjoy Responsibly. Not for Sale to Persons Under the Age of 18.

LIVINGUUCE



BRUNCH TIME

TREAT YOURSELF to a day out at an elegant BOUTIQUE HOTEL and SPOIL YOUR GIRLFRIENDS with a special brunch.





WINE OF THE MONTH

Celebrate Halloween on 31 October with Two Oceans Shiraz Rosé. Its gorgeous strawberry and raspberry flavour is accented with hints of marshmallow and candy floss. Get yours from supermarkets and liquor outlets for R38.

A VENUE FOR ALL OCCASIONS

Emoyeni Estate, located at the top of the highest ridge in Parktown, Joburg, is a beautiful Edwardian haven. It's been used to host queens and lords since it was built in 1905, and it's been updated as a sophisticated modern venue. With the best views in the city, it's the perfect location for conferences, weddings and parties. The stately venue is at 15 Jubilee Road, Parktown. Visit *Emoyeniestate.co.za*.

LIVING NEWS

The hottest items ON THE SHELVES and in WINE CELLARS.



MILKIT

For a delicious low-fat alternative to cow's milk, try Almond Breeze. Made from almonds, this milk is free of dairy, peanuts and gluten. Available at supermarkets for R35 a litre.

BEST COFFEE

To give you a great start every morning, Philips and Saeco have teamed up to bring you perfect espressos, cappuccinos and latte macchiatos. Philips Saeco coffee machines have been designed with the latest technology to ensure all you need to do is press a button. The range of Philips Saeco machines is available at selected Makro, Dion Wired and Hirsch's stores nationwide, and online at *Yuppiechef.com* and *Takealot.com*. Prices range from R6 999 to R14 999.



I realised I wanted to be a chef while I was working for a corporate company as an investment promotion manager. I was unhappy and unfulfilled at my job, so I did some introspection. I ended up quitting and enrolling at The Culinary Academy in Stellenbosch to pursue my passion.

Now I get to cook and travel all over Africa for my *Africa on a Plate* television series, which has been airing on the Africa Channel in the United States, the Caribbean and Canada since July 2014. It's a dream come true.

South African cuisine is as diverse as the country's population. We have a food culture that blends local African cuisine

- Zulu, Xhosa and Ndebele elements - with international influences such as French, English, Dutch, Indian and Malan M
- as French, English, Dutch, Indian and Malay. It's that variety of flavours that appeals to people.

Our cuisine can compete on a global scale. Our South African chef team always does us proud at the International Food Olympics. South Africa's fine dining and bistro restaurants I have either worked for or eaten at are among the best in the world.

I enjoy using ingredients that are fresh and in season when I am cooking. The top three ingredients I can't cook without are salt, butter and thyme. I'm also a big fan of white pepper.

Before I start creating a dish, I visualise it and think about its colours and textures.

My favourite South African dessert is malva pudding, and my favourite dish is *usu* (tripe) served with *ujeqe* (steamed bread). I also love *amasi* (fermented milk). When I'm too lazy to cook, I make grilled steak with a tomato and feta salad.

Out of everything, I enjoy baking the least because I don't have the patience to measure the ingredients precisely. With baking, measurements have to be correct, otherwise the cake will flop.

The essential items every kitchen needs are a very sharp knife and a tool that can sharpen it; a pestle and mortar,



because it's best to grind your own spices; and a blender. My first big kitchen buy after graduating was a blender, so it's my favourite appliance.

I normally cook with music playing in the background, especially when I have a tedious job like peeling a bag of onions.

Everyone can improve their culinary skills by watching cooking shows. Don't be afraid to try new things.

In five years' time I hope to have completed my food journey across Africa, published a journal documenting my travels, and created a platform where I educate South Africans, especially the youth, about healthy eating habits.

I'd love to cook with Jamie Oliver. His lively nature in the kitchen reminds me of my father, who always turned the chore of cooking into an exciting experience, like Jamie does on his cooking shows.





SECRET INGREDIENT

Chef LENTSWE BHENGU, 29, tells us why he traded finance for food.

By Percy Matshoba

MORE FRUIT CELLS

For even more of nature's goodness and flavour.



A flat in Istanbul's Tunel Quarter – historically home to intellectuals, painters and authors, and still an area buzzing with Bohemian cafes – was derelict when the owner asked designer duo Seyhan Őzdemir and Sefer Çaglar, otherwise know as Autoban, to help him with the renovation. Today, it is warm and welcoming, mixing colour and contemporary furniture with original features to create a home that nods to the past while being firmly rooted in the present.

"We have had to change a lot to make the flat habitable and a place where one feels like spending time," explains Sefer. In several places, tiles were missing from the floor, the parquet flooring was ruined, and the stucco ceiling was barely there. Autoban tore down walls and opened up rooms.

Most of the brick walls were sandblasted and exposed, but a few were painted white to vary the look. Local craftsmen created new papier-mâché stucco ceilings using a special traditional Turkish method, and restored the parquet floors and other features such as the detailed doorframes around new door openings.

Along the 15m long hallway are the bedrooms, and at the end of the passage are the kitchen and living rooms. In between the office and the dining room is a small solarium. The owner has decorated this room with green foliage in pots, which flourish around the windows.

Colour is very important to Autoban. "For objects and furniture, we tend to use warmer colours. Cooler shades, including different tones of grey, are used elsewhere. Because the homeowner is a man, we chose a masculine scheme, using darker hues on the floors and bathroom tiling.

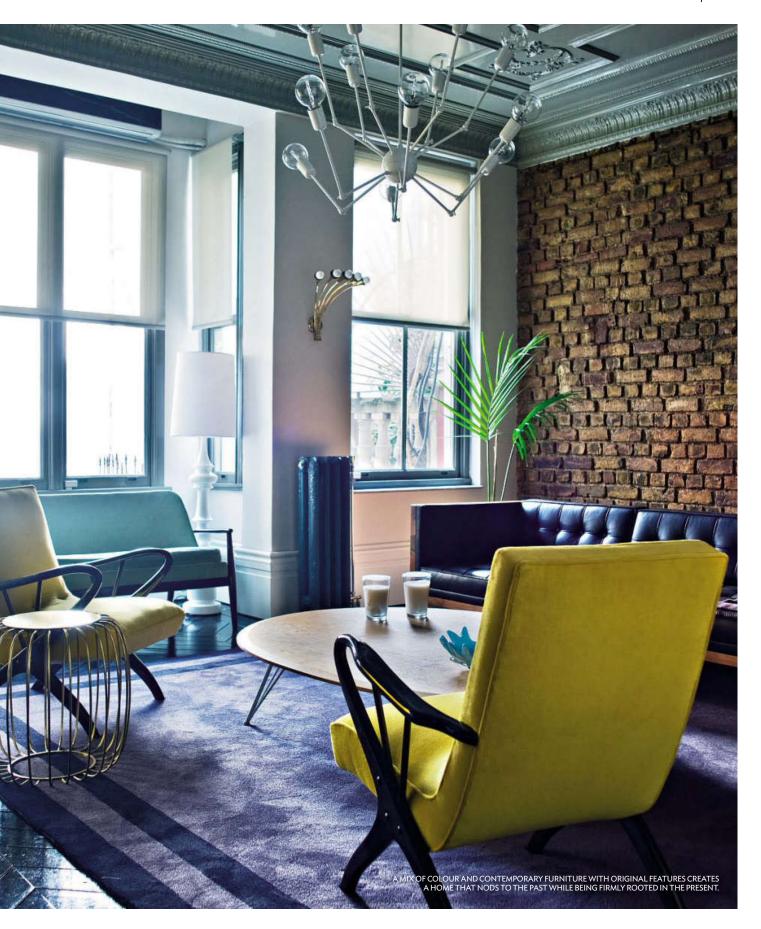
"The kitchen island was custom made in black-painted cast iron, the same material used for the display cabinets. The metal ceiling was made like it was often seen in restaurants and bistros around the 19th century. Istanbul was under French influence for years, and many flats remain typical examples of that. The metal ceiling in the kitchen was inspired by the French bistros. A core part of this flat is that it's a local space with a global attitude," explains Sefer.

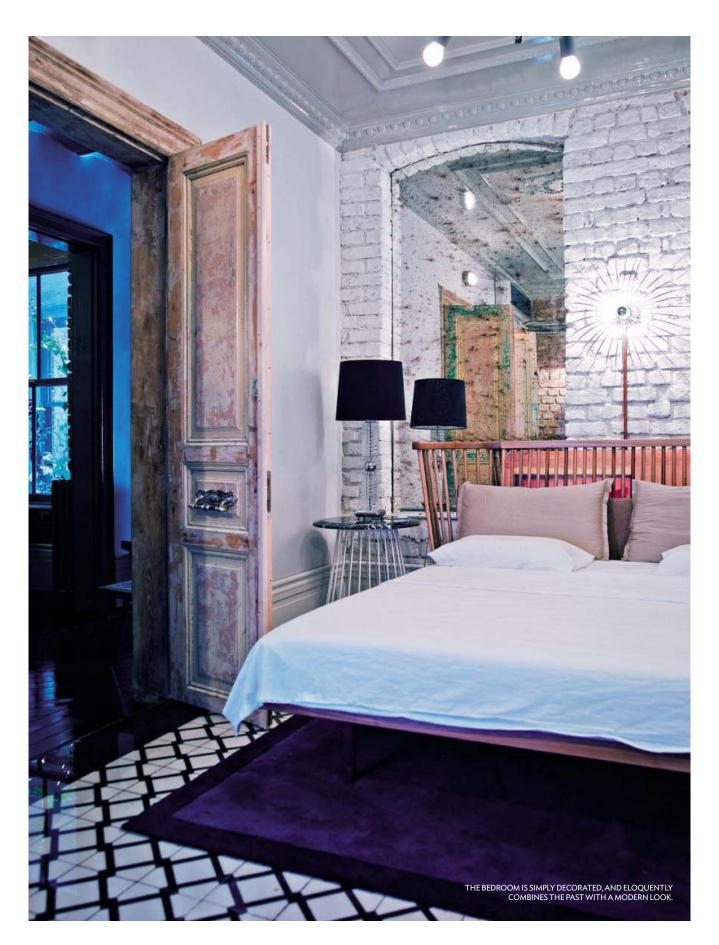
FIAT CANDY

Designer duo AUTOBAN'S latest project incorporates modern influences through combining eclectic furniture, CANDY COLOURS and CONTRASTING TEXTURES.

By Julia Mincarelli Photographs Birgitta Wolfgang









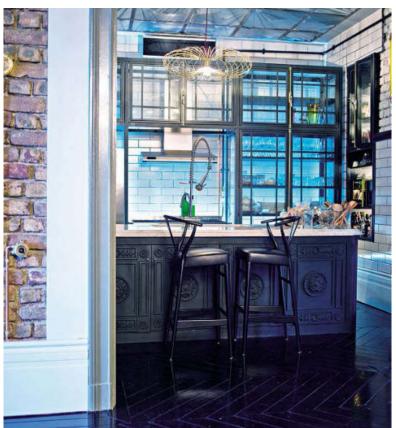


based on the architecture.

"But modern design has a transformative power too. We look for emotionally expressive, visually inspiring objects that are a pleasure to live with and have a timeless quality," they say.

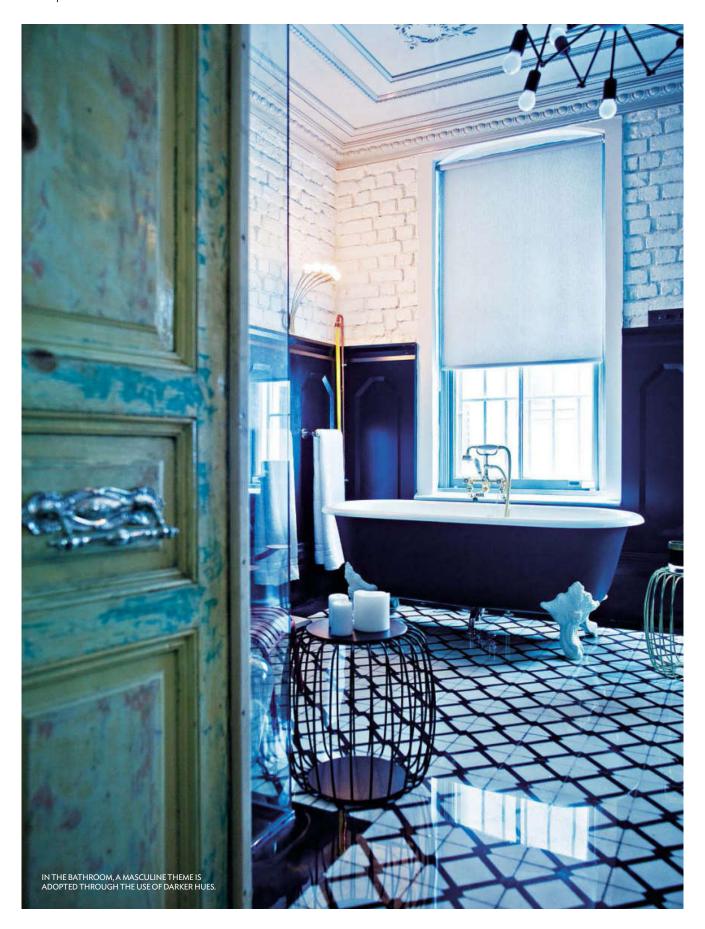
In this project, Autoban made the most of natural materials. "It's about achieving balance and contrast for example, using exposed brick walls while others were painted

Autoban's font of creativity is the city itself. "Istanbul is a great source of inspiration - it's very colourful, and incorporates so many different aspects of Turkish culture. You don't always notice it, but as you work, you subconsciously interpret the bits and pieces you've collected in your memory. Craftsmanship is another aspect that is essentially Turkish, But we reinterpret our experiences with Western touches," they say. ■





$\textbf{TL} \mid Decor$



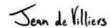
SOURCE AND PHOTOGRAPHS Living 4 Media



Timeless kitchens that are designed for every lifestyle.

30 showrooms nationwide. 2 year kitchen guarantee.
0861 327 9543 / 0861 EASYLIFE www.easylifekitchens.co.za

Jean de Villiers, Easylife Kitchens Brand Ambassador.









Brunch & Stuffed Egg Boulade

Treat your girlfriends to a SUMPTUOUS BRUNCH with these EASY-TO-PREPARE RECIPES.

By Tumelo Mushi-Sebopa Photographs Graeme Wyllie









STUFFED EGG ROULADE

Makes 2 large rolls Prep time 35 minutes

INGREDIENTS

- 8 egg whites
- 3 eggs
- Salt and pepper to taste
- 1 bunch chives, chopped
- 1 bunch baby spinach
- 200g pancetta

METHOD

- 1. Preheat oven to 180°C. In a bowl, whisk egg whites until thick and foamy. Add beaten eggs and season with salt and pepper. Add chives.
- 2. Pour egg mixture into a baking dish and bake for 20 minutes or until puffed up and cooked through. Remove from the oven, place on a damp cloth and roll it. Cover with a damp cloth to retain its shape. Leave to cool for 5 minutes.
- 3. Unroll the egg and place baby spinach and pancetta in the middle. Roll up again and leave for 2 minutes. Cut into slices and heat before serving.



VETKOEK AND MINCE

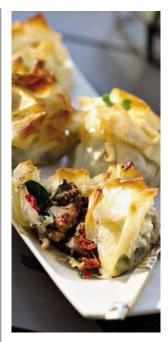
Makes 24 Prep time 40 minutes

INGREDIENTS

- 1 packet bread dough
- 1 tbsp oil
- 1 small onion, finely chopped
- 1 tsp garlic, crushed
- 300g beef mince
- 1 tbsp medium curry powder
- 50g sultanas
- 2 tbsp chutney
- ½ cup beef stock
- 1 bay leaf, cut into pieces
- 1 small handful microleaves

METHOD

- 1. Knead dough, roll it into small balls, and deep fry.
- 2. In a large saucepan, heat oil and sauté onion and garlic. Add mince and cook for 5 minutes. Add curry and simmer for another 2 minutes, and add sultanas, chutney, the bay leaf and stock. Cook until the water is absorbed. Season to taste.
- 3. Half open the vetkoeks and add the mince. Garnish with microleaves and serve.



Makes 12 Prep time 30 minutes

INGREDIENTS

- 1 tbsp sunflower oil
- 500g chicken livers
- 1 onion, finely chopped
- 1 tbsp chicken spice
- 1 tbsp chilli chutney
- 50g piquant peppers, chopped
- 1 packet phyllo pastry
- ½ cup butter, melted

METHOD

- 1. Preheat oven to 180°C. Heat oil and fry chicken livers for 5 minutes. Add onion and chicken spice, and cook for 3 minutes. Add chutney and peppers, and simmer for 2 minutes.
- 2. Cut the pastry into squares. Use 4 square sheets per parcel and place the rest under a damp cloth.
- 3. Brush the sides with butter. Wrap a spoonful of liver mix in the pastry and brush with butter. Bake for 15 minutes or until the pastry browns.



Makes 6 Prep time 30 minutes

INGREDIENTS

- 250g cocktail tomatoes
- 250g mozzarella balls
- 1 bunch basil leaves
- Balsamic vinegar

METHOD

1. Place the cocktail skewers in water. Thread a tomato, basil leaf and mozzarella ball on to each skewer. Serve with balsamic vinegar.





MUSHROOM, DELIGHT!

Substitute MEAT with MUSHROOMS and discover what those vegetarians are on about.

By Tumelo Mushi-Sebopa Photographs Graeme Wyllie



MUSHROOM GREEN CURRY

Serves: 4
Prep time: 40 minutes

INGREDIENTS

- ▶ 1 tbsp sunflower oil
- ▶ 2 spring onions, chopped
- ► 1 clove garlic, chopped
- ▶ 1 tsp ginger, crushed
- ► ½ red, yellow and green peppers, finely chopped
- ► 500g mixed button and portobellini mushrooms
- > 3 tbsp green curry paste
- ▶ 1 cup vegetable stock
- ► 1 cup coconut cream

METHOD

- 1. In a deep pan, heat the oil and sauté the spring onions. Add garlic, ginger and peppers, and sauté for another 2 minutes. Add mushrooms and fry for 1 minute.
- 2. Add the green curry paste and stir to combine. Add vegetable stock and cook for 10 minutes, then add coconut cream and simmer for 5 minutes.
- **3.** Garnish with peppers and spring onion, and serve with noodles.

Eat rite | TL



CHICKEN & MUSHROOM STIR-FRY

Serves: 2

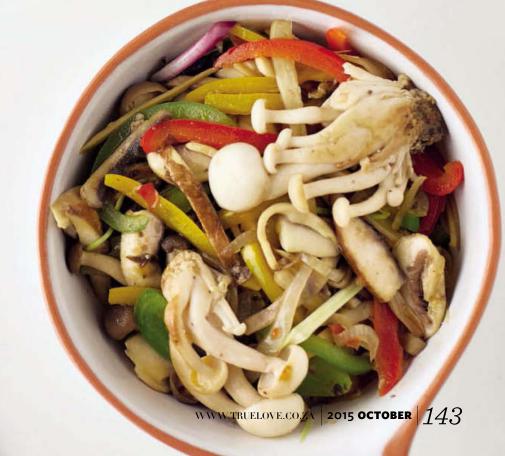
Prep time: 20 minutes

INGREDIENTS

- ▶ 2 tbsp olive and seed oil
- ▶ 1 red onion, sliced
- 1 red, yellow and green peppers, sliced
- ▶ 1 tsp garlic, crushed
- ▶ 1 tsp ginger, crushed
- ► 1 tsp lemon grass, finely chopped
- ▶ 350g chicken fillets
- ► 200g exotic mushrooms, sliced
- Salt and pepper
 - 2 tbsp soy sauce
- ▶ 1 tbsp barbecue sauce

METHOD

- In a large skillet, heat oil and sauté the onion, peppers, garlic, ginger and lemon grass for 3 minutes. Add the chicken and stir-fry for another 10 minutes.
- **2.** Add mushrooms and season with salt and pepper. Pour in soy and barbecue sauces. Cook for 2 minutes. Serve.



TL | Eat rite

Makes: 1 large bowl Prep time: 15 minutes chopping, 2 hours marinating

INGREDIENTS

- ▶ 2 large brown mushrooms, sliced
- ▶ 1 cucumber, sliced
- ▶ 1 cup piquant peppers
- ► 1 cup apple cider vinegar

METHOD

- 1. Cut up the mushrooms, cucumber and piquant peppers, and place in a large bowl.
- 2. Add apple cider vinegar. Cover and refrigerate for a few hours before serving.





Trust our gentle care for your child's HAPPY, HEALTHY hair

Ask Thandi and her mom...They've learnt how to keep her hair looking and feeling healthy





We know the struggles mom... Natural hair can be hard to comb. Simplify daily hair care by starting with a JUST FOR KIDS DETANGLER to soften the hair. This will make combing easier and less painful.

The JUST FOR KIDS SCALP SOOTHING HAIR FOOD relieves itching and helps prevent dandruff caused by a dry scalp.

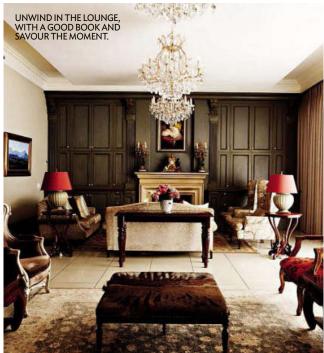


Moms JUST know...

no more tangles or irritations, JUST more love & tenderness.









CELEBRATE IN STYLE

Attention to detail, impeccable service and SPECTACULAR VIEWS render THE MUNRO BOUTIQUE HOTEL a destination of choice.

By Tumelo Mushi-Sebopa **Photographs** Graeme Wyllie

Perfectlytuckedintheheartoftheopulentandleafy Houghton Estate, The Munro Boutique Hotel's grand entrance beckons you to the spacious terrace with a breathtaking view of the Joburg landscape. The exquisite three-storey mansion is a hidden gem offering a venue for weddings and themed parties. Tranquil and elegant, The Munro's dining room, which also serves as a conference room, is adorned with exquisite artwork while the lounge is decorated with opulent designer and antique furniture. A large conservatory with soothing water sounds emanating from the waterfall, the lush exotic plants and the sweet melodies from the parrots captivate the imagination, transporting you to another place and time.

Take note that the hotel doesn't take walk ins for lunch or dinner; it's best to book in advance to see what this gem has to offer.

To make a booking or for more details, *call 011 487 1420 or* email *dimitre@themunrohotel.com*.





LAMB SHOULDER

INGREDIENTS

- 1.3kg of lamb shoulder roulade (order from your butcher)
- ▶ Paprika
- ► Salt and black pepper
- ▶ 4 tbsp oil
- ▶ 100g butter
- > 2 brown onions, roughly choped
- ▶ 2 carrots, roughly chopped
- ▶ 1 cup red wine
- 4 tbsp water

For pommes dauphine

- ▶ 750g floury potatoes
- ▶ Coarse salt
- ▶ 50g butter
- 4 tbsp water
- ▶ Salt
- № ½ cup strong flour
- 2 eggs
- ► Canola oil for frying
- ▶ Salt and pepper
- ► Garlic flakes

METHOD

- Spice up the meat with paprika, salt and black pepper and sear it on the pan with cooking oil until golden brown. Cut butter into small pieces and push it inside the roulade
- 2. In an ovenproof tray, layer veggies and place meat on top. Pour wine and cold water to fill half of the tray, cover with foil and roast the shoulder in the oven at 160°C for about 3 hours or until the meat is cooked. Keep the juices from the tray for gravy jus. Using a very small amount of corn flour, thicken the sauce/juice (do not make it too thick).

3. To make pommes dauphine recipe:

- Preheat oven to 180°C fan forced. Place potatoes on a baking tray covered with a layer of coarse salt and bake for 1 to 1 $\frac{1}{2}$ hours or until very tender. Allow to cool completely.
- 4. Place butter and water in a saucepan and bring to the boil. Add a pinch of salt and remove from the heat. Sieve flour into the water and whisk until the mixture is smooth. Return to heat and cook for 2 to 4 minutes or until mixture forms a ball and flour is cooked.
- 5. In a large bowl, lightly beat the eggs.
 Gradually add contents of saucepan,
 beating well between each addition. Heat
 the deep fryer half-filled with oil
 to 180°C. Mix potatoes with flour mixture
 and season with salt and pepper. Spoon
 mixture into a large piping bag fitted with
 a 1cm diameter round nozzle and pipe 1
 to 2cm lengths of mixture into the hot oil,
 snipping off with kitchen shears as you go.
 Cook until golden and crisp and drain on
 paper towel. Season with salt flakes.





SALMON SALSA VERDE EN CROUTE

INGREDIENTS

- ▶ 220g Scottish salmon, skin on
- Salt and black pepper
- Olive oil

For salsa verde

- ▶ 3 tbsp flat leaves parsley
- ▶ 2 tbsp fresh basil leaves
- ▶ 2 tbsp fresh mint leaves
- 1 garlic clove, halved
- 3 anchovy fillets
- Dressing of your choice

METHOD

- Spice salmon with salt and pepper and cook on very hot pan with little olive oil, skin side down. Cook each side of salmon for about 3 to 4 minutes.
- 2. To make the salsa verde: Place herbs in the food processor and whiz until smooth. Add garlic, anchovies and some freshly ground black pepper and whiz again until smooth. Set aside. Sprinkle dressing and serve.

Stand a chance to WIN your share of R50 000!

Visit www.builders.co.za/whatwallswant to enter. Competition starts 20 October 2015.



Paint promotion now on. See in-store for details.

See our latest loveyourhome digital magazine for the latest paint trends and innovative ways to transform your walls using paint to wallpaper and much more! visit www.builders.co.za/paint



Get to Builders. Get it done!



For your nearest store call our Builders Customer Contact Centre on 0860 284 533 or visit us at www.builders.co.za

















Healthy living made simpler.

Work hard, play hard – if that's your family's lifestyle, Bettaway has a simple answer –replenish the vitamins and minerals you need to stay active with a combination of **Betta Boost + Betta Omega 3 + Betta Mag.**











Like us on Facebook

Customer care: 0860 744 744



Since 1985

Visit us at **www.bettaway.co.za** today, and you could stand a chance of winning a year's supply of vitamins for your entire family!

UNMISTAKABLY INDESCRIBABLE

Add that something something to your canapés with CROSSE & BLACKWELL MAYONNAISE.



PITA CHEESE BEEF BURGERS

Preptime: 30 minutes

INGREDIENTS

- 5 mini beef patties
- 1 onion, sliced into rings
- 10 mini pitas
- 5 slices cheese
- lettuce leaves
- 2 small tomatoes, sliced
- Crosse & Blackwell Burger Mayonnaise

METHOD

- 1. Preheat oven to 180°C. Grill beef patties and onion for 15 minutes.
- 2. Heat pitas in the oven for two minutes. Place lettuce, cheese, tomato, beef patties and onion on each pita. Squeeze Crosse & Blackwell Burger Mayonnaise over and top with another pita. Secure with toothpicks and serve.



CHICKEN WRAPS

Preptime: 25 minutes

INGREDIENTS

- 300g chicken breasts, cut into strips
- 1tbsp chicken spice
- 1/2 cup Hot and Spicy Crosse & Blackwell Mayonnaise
- 1tbsp avo oil
- 4 medium tortillas
- 100g baby spinach leaves
- 1 cup carrots, grated
- Crosse & Blackwell Garlic & Herb Mayonnaise

METHOD

- 1. Season the chicken with spice. Add Hot and Spicy Crosse & Blackwell Mayonnaise and avo oil. Place in fridge for 15 minutes.
- 2. Stir fry chicken for 10 minutes until slightly browned and cooked.
- 3. Place spinach, carrots and chicken in the middle of each heated tortilla. Add Crosse & Blackwell Garlic & Herb Mayonnaise, fold and serve.

Crosse & Blackwell was founded in 1830 by Edmund Crosse and Thomas Blackwell. Over the years, the brand has grown to include various varieties of canned, dried and bottled grocery products.

In South Africa Crosse & Blackwell has a strong heritage of over 100 years and has become synonymous with mayonnaise. Crosse & Blackwell mayonnaise is renowned for its consistent superior quality and unique rich, creamy and tangy taste. It's still South Africa's favourite iconic brand.

Now a new addition has been introducing to the Crosse & Blackwell family: burger mayonnaise, a rich creamy, eggfree, well-balanced, flavourful mayonnaise. Add that something extra to your meals and treat your friends and family to delicious meals. It's available in a 750g glass jar and convenient 500ml squeeze pack so you can add a dollop of special flavour.















DZONGA AROMATHERAPY RANGE

Cleanse your AURA...Cleanse your LIFE

Soaps
Baths salts
Candles



1. Lemongrass Soap

Improves focus, removes spiritual stumbling blocks.

2. Rose

Infused with various fruits and bath salts to attract beauty, luck and love

3. Ocean Mist

Made with Sea water for reconnection with spiritual guides for positive dreams

4. Lavender

Made from lavenders and African herbs. Relieves tired body, mind, soul

Order / Book: enquiries@dzongaheritage.co.za / 011 027 8690

5. Avocado & Cucumber

Infused with violet leaf and African herbs to attract and create prosperity.

Pedicures available using our products (Gauteng only)



uring the month of February we will be all about Home and Food and you can take your pick from various events and happenings, hosted by your favourite magazines in Gauteng and Cape Town.

That's right:

- 30 days of food & drink
- · 30 days of ideas & inspiration
- 30 days of celebration & celebrities
- 30 days of give-aways & promotions
- 30 days of shopping & discounts

The February countdown culminates in a fabulous 30 Days of Home + Food live weekend and you are invited to come and meet your favourite magazine team and experience the pages of our magazines coming to life in front of your very eyes.

buy your tickets now!

R150 per person for either a morning or afternoon session www.30days.co.za

INTRODUCING



Friday 4 March 2016
– Sunday 6 March 2016
Gallagher Convention Centre,

PROUDLY BROUGHT TO YOU BY







The biggest, most exciting and inspiring magazine event to hit our shores, hosted by South Africa's leading women's magazines.

FAIRLADY TRUELOVE idees ideas Kuier LOSE IT!

Lééf Move! KOS tuis home

www.30days.co.za





the people

- Bobby & Karlien van Jaarsveld
- Suzelle DIY
- Pete Goffe-Wood
- · Anele Mdoda
- Vuvo Dabula
- Cass Abrahams
- Shaleen Surtie Richards
- Rebecca Malope
- Deon DIY

the line-up

- Cooking demos with your favourite food eds and celebs
- Style sessions and trend talks.
- Craft and DIY
- Meet the people behind your favourite magazines in their reader lounges
- Shop the show at the currated Ideas trunk show, the cooks and books stand and various other pop up event pods
- Indulge in gourmet food
- Stock up on LCHF products at the banting market
- Sip a glass of MCC at the Graham Beck Wine Bar
- Gift bag for each reader















Join TRUE LOVE during the month of February for a celebration of food inspiration, décor ideas, shopping and giveaways leading up to the 30 Days of Home + Food live weekend event on 4-6 March 2016 at the Gallagher Convention Centre in Johannesburg. At the event, you will have the opportunity to meet the editor, Dudu Mvimbi Leshabane, food editor, Tumi Mushi-Sebopa, and the TRUE LOVE team in the exclusive TRUE LOVE reader lounge. Guests will also meet *Generations* actorVuyo"Gadaffi" Dabulaandmediapersonality Anele Mdoda, who'll presente asyentertaining dishes with Tumion stage.

TO BOOK, LOG ON TO WWW.30DAYS.CO.ZA.
TICKETS COST R150 EACH. CHOOSE EITHER THE 12.30PM
SESSION WITH ANELE OR THE 6PM
SESSION WITH GADAFFI.
NO TICKETS WILL BE SOLD AT THE DOOR.













Because skin is for life

FACEBOOK: Cuticura South Africa

SKINCARE YOU CAN TRUST

For 150 YEARS, CUTICURA has been helping to REVIVE problem skin and make it HEALTHY AGAIN.

When Cuticura created a bar of medicated soap in 1865, it became the first beauty range that dealt exclusively with problem skin. Their trusted products have been so loved by consumers that Cuticura has expanded their range to target a variety of skin concerns.

A LEGACY TO BE PROUD OF

"Having a formula that has solved so many skincare issues over the incredible period of 150 years means that we have a wealth of information on how our product works, and how we solve problems for our consumers," says Sithembile Mfayela, senior brand manager, on Cuticura's legacy. "It is timeless and a vital part of our consumers' skincare regime."

TRUSTED SOLUTION

Every home needs a tube of Cuticura Antiseptic Ointment, as it can help to keep the whole family's skin healthy. It's a trusted solution that helps to relieve pimples, rashes, nappy rash, blackheads, chafing, dandruff, minor burns, scalds, chilblains, eczema, rough chapped hands, brittle nails, aching feet, dryness and minor irritations of the scalp.

COMPREHENSIVE RANGE

From the first bar of antibacterial medicated soap in 1865, the Cuticura range has grown to include the following products:

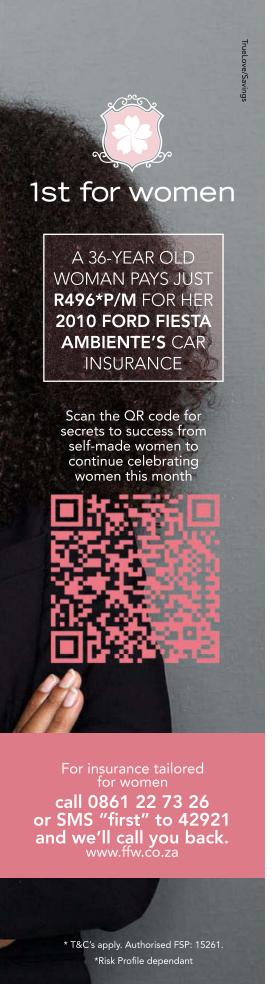
- Cuticura offers five soap variants including Hygiene Soap for gentle germ protection, Tea Tree Oil Soap for smooth, soft and clear skin, Oil Control Soap, Exfoliating White Bar Soap, and Vitamin E Soap for gentle hydration.
- ➤ The Herbal Ointment can assist with minor skin irritations such as minor cuts and dryness.
- ➤ Cuticura Face Wash removes make-up, dirt and grime, which may cause problem skin. It contains a unique formulation, including the antiseptic Irgasan, and is available in four variants.
- ► The Vanishing Cream reduces oiliness and removes shine, leaving skin feeling soft, smooth and clear.

"Cuticura offers an extensive and all-encompassing range, "says Mfayela. "With 150 years of research and development, our customers trust us, so there's no need for people who want healthy skin to look any further."



For insurance tailored for women call 0861 22 73 26 or SMS "first" to 42921 and we'll call you back. www.ffw.co.za





TL | Motoring



BMW M235i

Feisty, audacious and simply saucy, the BMW M235i is undoubtedly the best drop top for those looking to bare a little skin this summer. The sporty M235i boasts racing car features at every turn, most noticeably its large air intake and "M" lettering on the aluminium door sills, cluster panel and gear lever.

With a monstrous 240kW of power and 450Nm of torque under its skirt, the three-litre twin-turbo M235i offers an exhilarating drive, especially when the Sport Plus mode is engaged. Other drive modes, such as Eco, Normal and Sport, are also available. When it comes to luggage space, you'll need a fair amount of creativity for packing for a weekend away, but it's a small price to pay for accommodating the retractable roof.

FUEL: 7,6 litres/100km PRICE: From R643 500



JAGUAR F-TYPE R CONVERTIBLE

If its aggressive feline exterior doesn't immediately capture your attention and its growling five-litre V8 supercharged 405kW engine doesn't sound better than the latest dope hip-hop beat, you may need urgent medical attention. The combination of plush luxury and athletic driving in the agile and pulse-quickening Jaguar F-Type R Convertible will tantalise every nerve ending in your body.

With its no-nonsense engine that's capable of producing 405kW of power and 680Nm of torque, precise handling and efficient performance capabilities, the adrenaline-inducing Jag is perfect for both everyday use and exhilarating spins around the race track. The Sport Design Pack enhances the F-Type's sleek, sporty shape, and even the roof is fast – it can be raised or lowered in just 12 seconds at speeds of up to 48km/h. This car is sure to make you the talk of the town.

FUEL: 15,3 litres/100km **PRICE:** From R1 673 000

DROP TOP LIKE IT'S HOT

With spring in the air, it's the perfect weather for CRUISINGAROUND IN STYLE in an EXQUISITE CONVERTIBLE.

By Vuyi Jabavu

FIAT 500C

The Fiat 500c has the old school charm of the original 1957 Fiat convertible but is jam-packed with the latest technology.

The safety features get top marks. Pretensioners in the front seat belts protect passengers in an accident, and the spunky little drop top comes with seven airbags, including one for your knees. The braking system is also first class.

You can choose between a 1,2-litre 51kW five-speed manual, and a slightly more effervescent 1,4-litre 74kW six-speed manual. You'll look fabulous either way.

FUEL: 6,4 to 7,7 litres/100km. PRICE: From R263 9525









STRAIGHT OUTTA COMPTON

Based on the lives of the N.W.A crew, comprising Dr Dre, Eazy-E, Ice Cube, MC Ren and DJ Yella, this biopic looks at what it took for them to succeed. Their coming together, rise and disbanding are accurately depicted, with two of the original members - Dr Dre and Ice Cube - working as co-producers on the movie.

Rating: 4.5/5 **Distributor: UIP**

Release date: 23 October



Astronaut Mark (Matt Damon) is left behind on Mars after a fierce storm because his crew thought he was dead. He has to try to send a distress signal to Earth to be rescued. A journey of survival ensues, with everyone rallying behind his safe return. The stellar cast also includes Jessica Chastain, Kate Mara and Kristin Wiig.

Rating: 4/5

Distributor: Times Media Films

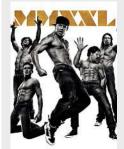
Release date: 2 October



FOCUS

Nicky (Will Smith), a veteran con artist, meets Jess (Margot Robbie), a rookie hustler, and teaches her the ropes. But when Jess falls for Nicky, he rejects her. Heartbroken, she leaves and returns three years

later as a professional swindler to try to beat Nicky at his own game. - Roxanne Francis



MAGIC MIKE XXL

Mike Channing Tatum) goes back to his roots in the sequel to Magic Mike. After a three-year hiatus, he rejoins the Kings of Tampa, who are determined to end their exotic dancing careers on MAGES Supplied SOURCE Staff writers and Times Media Films

a high at a stripping convention.

- Nonhlanhla Khumalo

Give your child a smart start!

Mysmartkid is an innovative **Early Childhood Development** programme. Designed by a panel of leading experts for children from birth to six years, Mysmartkid makes learning fun!

Join today and your child will receive a Smartbox, filled with age-appropriate toys and activities, every two months for only R325 per box. We deliver anywhere in SA & Namibia (delivery fees apply).

Receive two free welcome gifts when you join: a colourful Mysmartkid kiddies' backpack (worth R175) and an exclusive parent handbook written by an occupational therapist.

3 Easy ways to join:

- Sign up at www.mysmartkid.com
- Call us on 0861 555 224
- Email us at newapps@mysmartkid.com











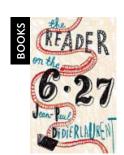
GROWING OUR SPORT AND LOCAL CONTENT

We spend more than R1 billion every year on local content across Africa. From our hubs in Joburg, Nairobi and Lagos, we bring our vibrant African stories to your screens.

SuperSport also spends more than R1 billion every year on sport across Africa. Our partnership with 8 African leagues across the continent, helps us put African sport on the world stage.

This is one of the ways we enrich lives.





THE READER **ON THE 6.27** by Jean-Paul Didierlaurent. Pan Macmillan, R313

Guylain Vignolles is a downcast guy who hates his job pulping books. His only pleasure

is reading rescued pages aloud to the commuters on the 6.27 train. One day, he starts reading the diary of a young woman and finds himself falling in love with her. This is a beautiful and heartfelt story about downtrodden people becoming everyday heroes. This novel is filled with humour, interesting characters and exquisite writing.

Rating: 3.5/5 – Percy Matshoba



DEATH IN THE RAINY **SEASON** by Anna Jaquiery, Pan Macmillan, R424

Commandant Serge Morel is asked to investigate a murder in

Cambodia, and the investigation with which he is presented is more challenging than he expects. In his search for the killer, he interrogates the victim's family and friends, and uncovers an unexpected twist. This mystery will keep you in suspense until the end. Fans of literary crime fiction will love it.

Rating: 4/5 - Noluthando Mcutha



THE NEW ENTREPRENEUR by Shirley Anthony, Black Card Books, R299

The ultimate stepby-step guide for new business owners and those thinking of taking the leap. Shirley guides the

reader through what it takes to create a venture worth something. Shirley has a wealth of experience and numerous valuable insights from more than 20 years of running a successful marketing consultancy. The priceless advice from many of South Africa's most successful entrepreneurs makes this book a winner.

Rating: 4/5 – Zamahlasela Gabela



Before You Get Married by SIYA NGCANGCA should answer all your questions about the run-up to the big day.

It took me seven years to finish this book. I interviewed married and unmarried couples, as well as people who are in interesting relationships.

Through my book I've learnt that talking about sex, which is usually a taboo in the black community, is okay. The book is divided into two sections - before and after marriage. It also has advice for avoiding divorce. My favourite line from the book is, "If you want sweet fruit out of your relationship, you must work. Peaches only come once a year, so you need to look after that tree."

If I could save only two books in a fire, I'd take Linda Yende's Wakeup Woman, and The Truth Not Lived: The Path to a Purposeful Life by Kagiso Sithole.

To order a copy, email orders@be4yougetmarried.com.



NINA REVISITED...

A TRIBUTE TO NINA SIMONE (SONY MUSIC)

With artists such as Gregory Porter, Lalah Hathaway and Lauryn Hill, to name a few, I knew this was going to be an amazing album. Lauryn's six songs, including Little Girl Blue and Feeling Good, in particular, took me on a musical journey. The album is a beautiful musical experience.

Rating: 5/5 - Mahlape Koko

LEON BRIDGES

COMING HOME (COLUMBIA)

Leon Bridges is just 26, yet his sound is soulful and reminiscent of the 1960s. My favourite song on the album, Lisa Sawyer, catapulted Bridges to stardom. After releasing it on SoundCloud, he got more than 800 000 listens and attracted more than 40 record labels. Keep him on your radar.

Rating: 4/5 – Zamahlasela Gabela



MIZA

TWELVE (SME AFRICA)

This compilation has Miza's hottest singles from last year and then some. My favourites are Trust featuring Kabomo, and Vumani featuring Sbu Nkomo. The sound is proudly South African, with house and R&B flavours that show why he's one the country's best DJs.

Rating: 3.5/5 – Zamahlasela Gabela

MIGUEL WILDHEART

When we saw the hot Instagram posts about Miguel's third album, Wildheart, we couldn't wait to hear it. He's moved away from the typical R&B sound and gone on a musical journey that's raw, sensual and very sexy. My favourite tracks are Simple Things and Coffee. If you're a fan, this album won't disappoint!

Rating: 4/5 – Lucinda Human



COMPILED BY Zamahlasela Gabela and Percy Matshoba



"I WANT TO GO SEE THE BIG APPLE." START SAVING & START TODAY.

After interviewing young adults across South Africa since 2009, we've gained valuable insights around your dreams and goals. So we get you and we get your financial needs and with our innovative solutions, we'll be there with you to do great things.

Speak to an Old Mutual financial adviser or your broker today. Visit www.oldmutual.co.za/savings.













(23 Sep - 22 Oct)

The time for daydreaming is over. Imagine how you want your future to be, and make plans to make it a reality. From the 9th, things start flowing as they should. Renew or complete any urgent documentation now. Get all your personal affairs in order - fines, wills, tax, contracts, visas and the like.

Love: Little things count. If you're in a relationship, be attentive. If you're single, look at the subtle nuances for clues about the important stuff.

Work/Money: Do your research. Quietly get things moving in the background - it will give you the head start you need. Don't commit to anything before the 10th.

BY ANGELIQUE SALA

ILLUSTRATION Getty Images

SCORPIO (23 Oct – 21 Nov) By mid-month, go big or go home. You have various opportunities coming your way: networking correctly will give you the edge. Love: Think about why the smallest things turn you off. You could meet someone while on an errand. Work/Money: If you have already cut all the periphery spending, the next step is to build a better financial future. If not, cut back and start saving.

SAGITTARIUS (22 Nov – 21 Dec) You have come a long way since the difficulties at the beginning of the year. You are wiser and more determined.

Love: Relationship decisions hang in the balance. From the 9th, you'll have a better understanding of what to do. Communicate, even if it scares you.

Work/Money: Plan for your future. By midmonth, look for ways to accumulate wealth.

CAPRICORN (22 Dec – 19 Jan) Balancing your career and home responsibilities keeps you on your toes. Go with the flow.

Love: Think of the cost of your travel plans. Rather opt for a cheaper but equally romantic getaway. Work/Money: Invest in yourself. Take the initiative and sign up for a course.

AQUARIUS (20 Jan – 18 Feb) Place yourself in a position of authority; show off your credentials and share your knowledge. Your mind is sharp and brilliant. Love: Let yourself be spoiled and enjoy the gift of kindness. The power of sexual attraction is strong. If you're single, enjoy the adventure. **Work/Money:** Frustrations leave you tired. Place your decisions on hold until after the 9th.

PISCES (19 Feb – 20 Mar) Opportunity strikes when you network and expand your contacts. Go for it! **Love:** Cupid pays some attention to your love life. If you're single, work on your allure.

Work/Money: Changes you made in the first half of the year have put you in a more favourable position. Allow your confidence to show.

ARIES (21 Mar – 19 Apr)

Miscommunication can happen when interacting with people. Straighten things out after the 9th. Genius ideas formulate in your mind. **Love:** Be a love goddess in the bedroom and watch the windows steam up.

Work/Money: Doing what you love fuels your desire to succeed. There's no stopping you.

TAURUS (20 Apr – 20 May) You need more of the treasures that make you squeal with delight. Devise a plan. **Love:** It's time to look at your options. If you're in a relationship, use your flirtatious talents you know, the look that makes him tremble! Work/Money: Connecting with powerful people puts you in a better position. Identify your goals and sell ideas that benefit everyone.

GEMINI (21 May – 20 Jun) A sense of optimism prevails, giving you confidence. Make space for all things new. Love: If your relationship is unstable, difficulties may make things worse. A relationship that starts during this time could be the lasting kind. Work/Money: Your ambition propels you to go further and achieve great things. You must just want to.

CANCER (21 Jun – 22 Jul) Your home needs attention and maintenance - do it in the first week. Plan short trips that will inspire you and make your heart happy.

Love: Communication is your sexiest weapon; - it's time to put all your sexy tricks into action. Work/Money: Everyday work keeps you out of trouble. Be wise and dedicated.

LEO (23 Jul – 22 Aug)

Glamorous opportunities can overwhelm you, but stay firmly rooted in reality. Wait until the 10th before signing any contracts.

Love: When things get serious, negotiate and add some light-hearted fun. It's all about balance. Be generous with your kind words.

Work/Money: Financial opportunities present themselves. Negotiate for a raise.

VIRGO (23 Aug – 22 Sep) This is your month to shine and be all you've dreamed about - if you've done the work.

Love: Romantic dreams keep things nostalgic and idyllic. Keep one foot on the ground, and have a firm grasp on your finances.

Work/Money: Delays and disappointments seem to vanish by the second week.

momentum

for your financial wellness



GOODBYE STRESS HELLO SAFETY

Introducing Safety Score...
An easy online safety assessment.

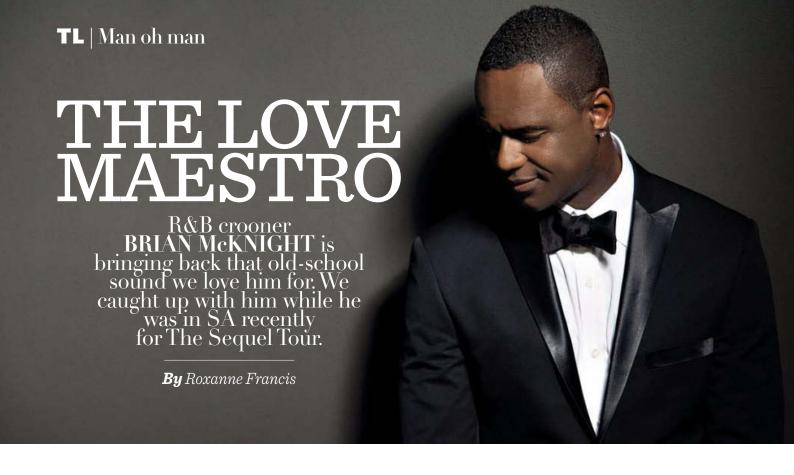
Earn cash back every year, even when you claim, if you have car and home insurance with Momentum. Just complete our Safety Score assessment online. Plus you will also get tips and advice on how to stay safe.

Speak to your financial adviser or SMS "SAFE" to 42024 to request a quote.

Car and home insurance from Momentum.

It's the way forward





R&B sensation Brian McKnight has released15albums, many of which have gone platinum. Having sold more than 30 million albums, he has made a huge impact in the contemporary music industry over the years. So we were thrilled when this self-taught multiinstrumentalist (he can play eight of them) took the time to speak to us about his career and upcoming album. This is what he told us:

I'm very excited to be back in South Africa. When I was here before, it was like a dream; it was surreal. So coming back I had to pinch myself to make sure that it's real! I wanted this trip to be the same as my first experience.

I'm ecstatic about the release of my new album, Better, in January 2016 and finding out whether it's as great as I think it is (laughs)! I'm taking it back to basics, creating music like we did 20 years ago - completely organic, with real instruments.

The truth is I'm in love and love makes us better; it makes us come alive and I wanted to convey that through this album in a very relatable, authentic way.

I write all my songs, so choosing a favourite, whether from the upcoming album or all my songs, is practically impossible. I write the music and let everyone decide what their favourites are.

I've worked with many artists and done plenty of collaborations over the years. I worked with Quincy Jones and David Foster earlier in my career. Then there was Mariah Carey, and many others. I've enjoyed them all, particularly Boyz II Men and Justin Timberlake.

I've had a hand in some upcoming artists' careers taking off and when you see them prosper, you feel like you're a real part of their development. I always look at my career as one whole thing as opposed to a bunch of many achievements.

My biggest musical influences are in my own family - aunts, uncles and grandparents - because they are the first musicians and singers I ever heard. Once I got into doing music that I love, Stevie Wonder became the biggest musical influence in my life. He still is.

I could say that my career is my greatest accomplishment in life, but what I've been able to achieve and how long I've been around for are nothing compared with seeing my children grow up. I think being a father, passing on wisdom to my children, and the fact that they're healthy and on the paths they should be on, is what I consider to be my greatest success.

Over the years I've been asked what qualities an artist should possess to have longevity in the music industry. As a seasoned musician I'd say talent will take you a long way. Anybody can be a star and have a hit, but if you stick around for a while, it's going to be because of your talent.

Besides music, I'm an avid golfer but I doubt I would pursue a career in golfing if I wasn't a musician (laughs). Being an athlete is not something you choose for yourself; it's something great to aspire to. You work hard at it and if you end up being good enough, it is wonderful. But I think golf is one of the hardest things I've tried to do so far. That is why you get addicted because you can never conquer it.



